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Alberta budget

...By the numbers

5.6% A 5.6 per cent increase in operating expenses.

Health care receives the largest increase.

250 Two hundred and fifty civil service layoffs, spread over several departments.

4.6% A 4.6 per cent increase for education, including larger grants to schools.

\$20B \$20 billion in new schools, roads and hospitals to be built over three years.

\$5.8B Cuts to Alberta's sustainability fund to cover deficits in the 2010 budget

0 No new tax increases. **THE CANADIAN PRESS**

Record deficit: \$4.7B

Province going for broke with hikes to health, education spending

Alberta Budget

Alberta's Progressive Conservative government plans to run a record deficit and deplete its savings account in a budget that forgoes the kind of deep spending cuts that fiscal hawks have been screaming for.

The budget includes about \$1.3 billion in cuts to many departments, but those savings are being redirected to areas such as health and education instead of to the bottom line.

There are no tax increases, but up to 250 people could lose their jobs out of the 27,000-member civil service in the first government layoffs in more than a decade.

Finance Minister Ted Morton said he is not happy the budget includes a \$4.7-billion deficit, but is confident his financial plan will help Alberta be back in the black by 2012.



Alberta Finance Minister Ted Morton, right, is greeted by Premier Ed Stelmach prior to delivering his government's 2010/2011 budget at the legislature in Edmonton yesterday.

"These are difficult times and difficult times call for difficult choices," Morton said yesterday.

The big winner in the budget is health care. The government will pay off Al-

berta Health Service's \$1.3-billion deficit. The department will also get a six per cent funding increase in each of the next three years.

School boards will share

a \$250-million increase, mainly to deal with enrolment growth.

Programs for seniors and people with disabilities will get modest increases to maintain existing serv-

ice levels. There is also money to hire 100 new police officers.

But all these increases come at a cost. The government plans to scoop almost \$5.8 billion this fiscal year from a \$15-billion sustainability fund set up with money from previous surpluses. It plans to raid this piggy bank again in the next two years to the point where it could effectively be drained by 2012.

Alberta still has the \$13.8-billion Heritage Savings Trust Fund. The government expects to earn about \$1 billion in investment income from the fund in the coming fiscal year, which will be funnelled into general revenue.

Fifteen departments, including Advanced Education, Agriculture, Children's Services, Culture, Environment and Sustainable Resource Development, must all absorb cuts to their operating budgets.

THE CANADIAN PRESS

News on the Move

What's this barcode for?



Learn how to scan the barcode with the instructions at the top of pg 2

Vancouver Games

Countdown to 2010

Follow Metro's daily coverage leading up to the 2010 Winter Olympics in Vancouver.

- Today — Women's hockey team toughed it out in Dawson Creek, page 12



On the web

Visit metronews.ca for news updates

Critics say Tories 'not looking where the money is going'

CODIE MCLACHLAN for Metro Edmonton

REACTIONS Opposition parties as well as the Canadian Taxpayers Federation balked at the 2010 budget released by the Alberta Progressive Conservative party, which outlined few cuts and a large deficit for the year.

"Clearly they're falling back on their old ways — they have not learned their lessons from past booms and busts," Alberta Liberal Leader David Swann said shortly after Finance Minis-

ter Ted Morton rose to present the budget at the legislature yesterday. "They're addicted to spending and not looking where the money is going."

Swann added that the health-care spending, which has been upped by \$1.7 billion, is "not responsible," and that the opposition will call for an audit.

"This is clearly out of line with what Albertans' wishes are," Swann said.

Scott Hennig of the Canadian Taxpayers Federation doubts that the government will be able to pull out of a deficit in three

years if it continues to spend as outlined.

"Even in the face of running some of the largest deficits in this province's history, this government cannot stop spending," Hennig said. "I can't believe they're actually taking this seriously. They're clearly not."

"This is clearly out of line with what Albertans' wishes are."

Alberta Liberal Leader David Swann



Scott Hennig, Alberta director of the Canadian Taxpayers Federation, speaks to the media in response to the 2010 budget in the rotunda of the Alberta legislature yesterday.

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Edmonton Tweets

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@troublegoats Should have packed my bags. I just won an all expenses paid trip to paperwork city #yeg #chickentonight

@stolenfire Enjoying excellent wireless service and a comfortable desk with power at Stanley A. Milner #yeg Public Library

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WHAT'S ONLINE TODAY

Blogs SpinDoctor identifies an unlikely candidate to succeed Stephen Harper

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Groups put heat on Prentice to protect woodland caribou

WILDLIFE Three Alberta conservation groups want federal Environment Minister Jim Prentice to step in to ensure the survival of woodland caribou.

They say provincial efforts to save the declining forest icon are going nowhere in the face of industry pressure, and it's time Prentice acted on recent comments that Canada's international image is being blackened by energy development.

"We've asked before, but things seem to be going from bad to worse," said Cliff Wallis of the Alberta Wilderness Association, the province's northwest.

Both the energy and forestry industries are lobbying the government to ensure that a land-use plan being developed for the area doesn't block industrial access.

Last week, Prentice told a Calgary crowd that, without leadership, Canada will be cast as a global poster child for environmentally destructive development.

Neither the industry associations nor the federal government were available for comment.

THE CANADIAN PRESS

"We've asked before, but things seem to be going from bad to worse."

Cliff Wallis, Alberta Wilderness Association

The conservation groups want Prentice to use an emergency order under the Species at Risk Act to protect caribou habitat in



Geoff Desmoulin, right, is host of Deadliest Warrior on Spike TV.

Fantasies come to life

TV host revels in battles between historic warriors

VICTORIA HANDYSIDES
victoria.handysides@metronews.ca

Spike TV's resident "stuff that can kill you" expert's path to the present was paved after he came upon a fork in the road: Battling blazes in Edmonton or biomedical engineering?

"There's no question, I would have ended up as an (Edmonton firefighter)," Deadliest Warrior co-host Geoff Desmoulin told Metro.

After he was diagnosed with an obstructive lung disease in 1997, Desmoulin crossed his name off the city's Emergency Response Department short list and opted for a career applying mechanics to medicine.

A couple master's degrees later, and the Vancouver native is living a testosterone-fuelled fantasy: Putting history's most notorious warriors against each

other in simulated battles to the death.

Last year's fights included knights vs. pirates, yakuza vs. Mafia, Vikings vs. samurai and Spartans vs. ninjas, a fight Desmoulin said was heavily debated by fans.

"A lot of it has validity, though. We're trying to put an end to these debates, but in many ways, (the show) stimulates more debate," he said. "Our fans are serious, no question about it."

Living-warrior experts attack blood-spouting gel torsos, dead pigs and hack at an opponent's armour in a controlled lab setting, where Desmoulin and cohorts calculate force, frequency and pressure of blows.

The show's popularity grew faster than expected, Desmoulin said, as followers swarmed its website pitching ideas.

Requests topping wishlists include fights between fictional characters, like Bigfoot vs. the Loch Ness Monster.

"These guys are total nerds — they'll have seven-minute debates on who would actually win," he said, adding the show's future is real warriors only.

Ranked as Spike's number 1 series in its first season, Deadliest Warrior is coming back for a second season with a bigger budget, robotics and more blood.

Season 2 is currently being filmed in Los Angeles, and will hit airwaves in the spring.

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News in brief

BUS ATTACK Police have charged a man in connection with an attack on a bus driver, an incident adding to a growing list of similar assaults since December. It's believed a man on a bus outside the West Edmonton Mall terminal tried to take control of the vehicle while the operator was driving at a slow speed around 6:30 p.m. Monday. The driver shoved the man off the bus before being threatened. Samson Joel Auger, 22, has been charged with mischief and uttering threats. He remains in custody on the charges and outstanding warrants.

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Nicholson says government to appeal drug-injection site ruling

Justice Minister Rob Nicholson says the government will appeal a British Columbia court ruling that sanctioned Vancouver's supervised drug-injection site. Nicholson says the decision raises important questions about the division of powers between the federal and provincial governments. **THE CANADIAN PRESS**

Canada



Feds in talks to buy border bridge

Transport Canada confirmed it has held talks with the owner of the Ambassador Bridge, which spans the Detroit River to connect Windsor, Ont., with Detroit. But a spokesman for Transport Minister John Baird says no offer has been made to buy the bridge from Manuel (Matty) Moroun. The federal government has purchased 38 hectares of land from the City of Windsor, at a cost of \$34 million, to help build a new six-lane bridge down river from the Ambassador.

THE CANADIAN PRESS

Williams was a rising star: Ex-boss

Arrested colonel could have eventually commanded air force: Former chief

The air force colonel charged with two murders and two sexual assaults this week was "calm, hardworking and dedicated" and his former boss considered him one of the military's best and brightest.

Col. Russell Williams, 46, is charged with first-degree murder in the deaths of Jessica Lloyd, 27, of Belleville, Ont., and Cpl. Marie France Comeau, 38. Williams is also charged with forcible confinement, break and enter and sexual assault after two women were allegedly attacked during two separate home invasions in the Tweed, Ont., area in September.

Williams was "very intelligent, very mature, very calm, hardworking and



Col. Russell Williams, right, lays a wreath at a Remembrance Day ceremony in Trenton, Ont. on Nov. 11, 2009.

dedicated — which is exactly why we selected him to be a wing commander," said retired lieutenant-general Angus Watt, the former air force chief who appointed Williams to his last military job. "He had the potential to go far. He was selected both on his performance and his potential."

Williams was amassing all the right stuff in his résumé to pave the way to bigger and better things, including Watt's old job.

He received a degree in economics and political science from the University of Toronto, and a master's in defence studies from Royal Military College.

He spent two years commanding 437 (Transport) Squadron in Trenton, including six months in 2005-06 as commanding officer of the military's secretive Camp Mirage, a logistics base on the Arabian Gulf that supplies the war effort in Afghanistan.

Williams was a flight instructor in Moose Jaw, served at Canadian Forces Base Shearwater in Nova Scotia and spent most of the 1990s in Ottawa, where he was a pilot to the prime minister and Governor General before Watt handed him command of the coun-

try's largest air force base, Canadian Forces Base Trenton in eastern Ontario.

"This didn't pop up overnight, this job for him," Watt said in an interview yesterday. "He's been in the military for 23 years; we've watched him over the course of his career in a wide variety of jobs."

"He's been tested before and that is why he was selected."

Watt said he had no reason to believe Williams wouldn't ascend further up the military ladder. The next step would have been brigadier-general.

When asked if Williams had the potential to command the air force, Watt's response was an unequivocal "yes."

THE CANADIAN PRESS

Nova Scotia MLA resigns seat over spending scandal

POLITICS A member of the Nova Scotia legislature who became a central figure in a spending allowance scandal has resigned his seat.

The Conservative party says Richard Hurlburt resigned his seat for the riding of Yarmouth yesterday.

"Richard Hurlburt has served this province, and more importantly, the people of Yarmouth passionately over the past 10 years," interim Tory Leader Karen Casey said in a statement.

"I am hopeful that the people of Yarmouth will remember that."

A report by the province's auditor general showed the former Conservative cabinet minister spent \$7,995 to buy a generator, and also charged taxpayers \$2,499 for a 40-inch TV and \$579 for installing it.

THE CANADIAN PRESS

Oda focused on long-term projects

Haiti Crisis

RELIEF EFFORT Canada's minister of international co-operation wants aid groups working in Haiti to prepare for the next phase of the relief effort: The rainy season.

At a meeting of the International Red Cross in Montreal, Bev Oda said yesterday that organizations will need to focus on longer-term reconstruction projects.

THE CANADIAN PRESS
MORE COVERAGE, PG 5

Own The Podium seeks more funding from feds

VANCOUVER 2010 Games

SPORTS The federal government says it will maintain its funding of Own The Podium beyond the 2010 Winter Olympics, but will not commit to spending more money on the program. Own The Podium is the \$117-million, five-year strategy for Canada to win more medals than any other country at the Vancouver Olympics.

It was paid for with \$66 million in taxpayer dollars. The Vancouver organizing committee, known as

THE CANADIAN PRESS



Will Canada actually 'own the podium' if it wins the most medals? It depends on who you ask. Scan this code for the story.

Olympics Torch run goes to U.S.



Torchbearer Rayne Williams, left, passes the Olympic flame to U.S. Olympic medalist Phil Mahre at the Peace Arch border crossing separating Canada and the United States in Surrey, B.C., yesterday. The Olympic flame entered the U.S. for the only time on its 106-day journey across Canada.



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Comment

5 reasons to suspend your Olympic 'belief'

TheWestView



Paul Sullivan

metronews.ca/thewestview

With three days to go, the Olympic propaganda machine is popping more than a few bolts to get everyone to "Believe."

"Believe" means something like: Forget these Games are billions over budget and will put British Columbia in a deep hole for generations. Concentrate instead on winning the gold medal in hockey, and make all the bad feelings go away.

Under the circumstances, "Believe" comes perilously close to "Drink the Kool-Aid." I already have a hangover and the party hasn't even officially begun. Looking back, it's hard not to believe that Vancouver would have been better off the games had gone to PyeongChang, South Korea, after all.

In honour of the Olympic

rings, here are five reasons to believe in PyeongChang: **5** The Olympic mascots are endangered or non-existent species. Miga is a cross between an Orca and a Kermode bear, one threatened, the other rare; Sumi is a non-entity. Quatchi is a variation on the quasi-mythical Sasquatch, and Mukmuk, the only "real" animal in the menagerie (only a sidekick to boot), is a near-extinct Vancouver Island marmot. Somehow this says it all.

4 The Games will cost at least \$6 billion. But, we're asked to believe,

Do you believe in Vancouver 2010? Share your views at: metronews.ca/thewestview

the net economic benefit of the Games will be \$10 billion. If you believe that, would you like to buy one of these cute, cuddly Sasquatches? And speaking of legacies, what are we going to do with a \$104.9 million toboggan slide?

3 The entire world now knows our dirty little secret: The best city on Earth has one of the poorest neighbourhoods on Earth — the Downtown Eastside. Imagine what it would look like if we spent \$6 billion on housing the homeless, treating the addicted and providing care for the kids.

2 Why hold the Winter Olympics where there's no winter? Vancouver is the warmest

venue ever for the Winter Games, with an average February temperature of five degrees. So they're trucking in snow from the interior and dumping it on the daffodils of Cypress Bowl. What's wrong with this picture?

1 What does it avail a city to own the podium and lose its soul? Vancouver is a billion dollar police state: Surveillance cameras and armed sentinels on every corner, public buildings barred to public access, dissenters turned away at the border in violation of the Charter of Rights. This is our home, and instead of "believing," we should spend a minute and actually think about what we've given up ... and what we get in return.

Paul Sullivan is a Vancouver-based journalist and owner of Sullivan Media Consulting; vancouverletters@metronews.ca.

Word on the street: Do you think the Own the Podium program will result in Canada leading the Winter Olympic medal count for the first time?

Nick Breton
Edmonton

A: Yes absolutely. Without the resources and the programs behind it, where are they going to train? They need to be world class, and they can't be world class on their own.



Sarah Martins
Edmonton

A: I think funding helps because it gives the athletes more time to dedicate to their sport. They can concentrate on training instead of working.

Geoff Johnson
Edmonton

A: I don't know, given Canada's Olympic history, I think it's probably pretty hopeless. Maybe they will do better than usual, but still, won't come out on top.

Pouyan Foroughi
Toronto

A: I hope so. I don't know if the amount of money you spend will actually get you results, but it would be a shame if it didn't.

Alex Krewiak
Calgary

A: I think it's better than nothing, but we could be doing more to help out our athletes.

Noel Ramirez
Surrey

A: Yes definitely. They can just think about their sport when they don't have to work and support themselves.



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Worth mentioning

Parents fuming over baby research without consent

ETHICS A critical safety net for babies — that heelprick of blood taken from every newborn in the U.S. — is facing an ethics attack.

After those tiny blood spots are tested for a list of devastating diseases, some states are storing them for years. Scientists consider the leftover samples a treasure, both to improve new-

born screening and to study bigger questions, like which envi-

ronmental toxins can

harm a fetus's developing heart or which genes trig-

ger childhood cancers.

But seldom are parents asked to consent to such research — most probably do not know it occurs — raising privacy concerns that are shaking up one of public health's most successful programs. Texas is poised to throw away blood samples

from more than five million babies to settle a lawsuit from parents angry at what they call secret DNA ware-

housing.

Michigan just

moved four million leftover blood spots into a new "BioTrust for Health," planning a public education campaign about the research potential and how families can opt out.

Advisers to the U.S. government hope to have national recommendations in two months on how to as-

sure all babies still get their newborn tests while allowing parents say in what happens next.

"It's a critical cal thing that we take action," says advisory board member Sharon Terry, Genetic Alliance

"It's a critical thing that we take action."

Sharon Terry,

Genetic Alliance

we take action," says advisory board member Sharon Terry of the non-profit Genetic Alliance. She says dis-

trust over the leftover blood spots threatens public confidence in newborn screening itself.

Newborn screening is not new. It began in the 1960s, and today every baby is supposed to be tested for at least 29 rare genetic diseases. But as scientists sought to use the leftovers for broader research, suddenly the informing of parents — especially about long-stored spots — became an issue. THE ASSOCIATED PRESS

Snow-covered Washington prepares for another storm

WEATHER A second major snow storm in less than a week was blowing yesterday toward the Washington area, where federal government offices were closed for a second day and utility workers struggled to restore power knocked out by a weekend blizzard.

The storm could leave as much as 50 centimetres of new snow in Washington and 45 cm near Philadelphia — a Northeast travel hub — by tonight. Powerful winds and snow were

expected to hit the East Coast by the afternoon.

Parts of the region were already buried under nearly a metre of snow.

Airlines that shut down flights to Washington over the weekend warned that more would be cancelled and that travellers who didn't depart by last night were likely out of luck.

The storm hit the Midwest early yesterday, closing schools and greeting commuters with slick roads.

THE ASSOCIATED PRESS



IT IS ALL ABOUT LOVE THIS THURSDAY!

Love is a great thing and Metro will be celebrating it with our readers worldwide. This whole week we'll be featuring stories revolving around the theme of LOVE.

Valentine's Day Metro special - out this Thursday

We'd also like to hear from you! Send us your message to your sweetheart and a picture together, and we'll run the best ones in our Friday edition.

We will accept submissions to edmontonletters@metronews.ca or on Twitter @metroedmonton

metro

It's Over. Time to break up for good.

Stage set for new elections

Sri Lanka dissolves parliament after detaining opposition leader

Sri Lanka's president dissolved parliament yesterday to make way for spring elections a day after authorities arrested a key opposition leader, crippling the only serious threat to the ruling party's stifling grip on power.

President Mahinda Rajapaksa's decision follows his sweeping victory at the polls last month over his former army chief Gen. Sarath Fonseka, who

Bitter contest

- If last month's presidential poll is anything to go by, the upcoming parliamentary contest will be another bitter race between the govern-

ment and the opposition, which says it is being harassed and hounded. Human rights groups have echoed those accusations.

had defected to the opposition after helping to end the country's quarter-century civil war. Fonseka was arrested Monday on

sedition charges.

Fonseka's arrest will likely serve as a warning to others who might seek to challenge the ruling par-

ty's effort to cement its grip on power in the parliamentary poll. Rajapaksa's ruling coalition is hoping to secure a two-thirds majority in the legislature, giving them virtually unfettered control of this island nation off the southern tip of India. Already, media rights groups rank Sri Lanka among the most dangerous places in the world for dissenting journalists.

THE ASSOCIATED PRESS

London Hotcake heats



Racers compete in the Parliamentary Pancake Race yesterday in London, England. The annual race between parliamentarians and journalists ahead of Shrove Tuesday was won this year by a team of MPs.

News in brief

BRAZIL A German man who went to Brazil for a woman he met on the Internet has been camping out in an airport for more than a month after thieves took all his money and possessions, authorities said yesterday. Klaus Gutschmidt, 50, of Neuss,

Germany, moved into the international airport in the coastal resort city of Natal in late December. He had been robbed while looking for a hotel after a one-week relationship with the Brazilian woman didn't work out.

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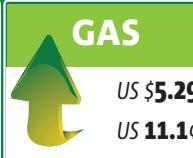
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Integrated Asset Management Corp. triples earnings

Higher performance fees boosted Integrated Asset Management Corp.'s first-quarter revenues. The Toronto-based company booked net income of \$1.6 million or six cents a share in the period ended Dec. 31. **THE CANADIAN PRESS**

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA



Toyota issues 2 more recalls

Prius, Lexus hybrid repairs involve brake-related problems

The dent in Toyota's reputation deepened yesterday when the reeling auto giant announced two more recalls to eliminate the possibility of momentarily failing brakes in hybrids and leaking brake tubes in another model.

Toyota Canada said the company would conduct a voluntary safety recall on the 2010 flagship hybrid, the Prius, and the Lexus HS 250h sedan to "update" software in the anti-lock

Reputation hit but not fatal, poll finds

- A Canadian Press-Harris Decima survey shows almost three in 10 Canadians would think twice about purchasing a Toyota following the world-wide recall over faulty gas pedals.

brake system so it would get rid of inconsistent brake feel that has alarmed some drivers.

Toyota also disclosed that it would launch a recall on some 2010 Camry

- At the same time, 56 per cent still retain a positive impression of the automaker's products and 69 per cent believe the firm has done a good job of reacting.

models to inspect conditions that could trigger a brake fluid leak and increase stopping distances for motorists.

The company will send notices to the owners of



Molson Coors' fourth-quarter profit more than doubled due to favourable tax benefits even as it sold fewer beers.

Molson's profit up

BEER Three new beers and this weekend's Olympic-timed launch of a new Molson Canadian ad campaign should help Molson Coors Brewing to begin offsetting a decade of deterioration, the company's chief executive said yesterday.

Instead of lowering prices, Peter Swinburn said Molson's strategy is

Sales in Canada

- Sales to retailers fell 1.2 per cent in the quarter, slightly better than the industry in Canada.

to attract more sales by adding new brands. The brewer earned \$222.1 million US, or \$1.19 per share in the quarter.

THE CANADIAN PRESS

Business in brief

STOCK The Toronto stock market moved higher yesterday as optimism increased that a fix is

on the way for a potentially dangerous debt crisis in some countries. **THE CANADIAN PRESS**

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Google cuts fee to break contract

PHONES Google Inc. is shaving \$200 US off the fee that it charges customers of its new Nexus One phone to break a service contract with T-Mobile, as U.S. regulators continue to probe such fees and the rationale for them.

Google's "equipment recovery fee" applies to customers who break their two-year T-Mobile contract after a 14-day trial period and before 120 days. A \$350 US fee that applied to new T-Mobile customers was lowered to \$150, while a \$250 fee for those upgrading to the Nexus One was cut to \$50.

Customers would still have to pay a separate early termination fee to T-Mobile USA Inc.

THE ASSOCIATED PRESS

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Suncor upgrader hit by fire

Cause not immediately known in 2nd incident in two months

A fire broke out around midnight Monday night at one of Suncor Energy Inc.'s two oilsands upgraders north of Fort McMurray — the second such incident in as many months.

The area around the upgrader was secured and all employees and contractors in the area were safely evacuated, the Calgary-based firm said in a release

yesterday afternoon.

Suncor says officials are assessing the damage and will provide an update on scheduling of repairs when the review is complete.

The cause of the fire was not immediately known.

"The investigation will be underway as we do the damage assessment," company spokesman Brad Bel-lows said.

The affected upgrader is able to produce roughly 125,000 barrels of crude a day from the sticky, tar-like bitumen squeezed from Suncor's vast oil-sands holdings.

A second, newer upgrader has a capacity of about 175,000 barrels a day. A fire shut down that unit in December and it had just come back into service last

week.

"Obviously we're very disappointed by that, and are not making excuses for that," Suncor chief executive Rick George told analysts and reporters on a conference call a week ago.

Suncor Energy Inc. is Canada's biggest integrated energy company.

THE CANADIAN PRESS

Jazz Air orders new Q400 Bombardier planes

Jazz Air LP said yesterday it has signed a deal to buy 15 Bombardier Q400 NextGen aircraft with options for an additional 15 aircraft. Jazz, the regional partner of Air Canada, said the 74-seat turboprop aircraft will replace 15 50-seat regional jets. THE CANADIAN PRESS

Danish turbine maker in talks with Ont.: McGuinty

ENERGY The Ontario government is in talks with a major wind turbine maker about possibly setting up shop in the province.

While there's no deal with Denmark-based Vestas yet, Premier Dalton McGuinty said yesterday that there's "a conversation that's ongoing" about a possible venture.

Energy Minister Brad Duguid noted Vestas is looking at offshore wind genera-

tion, something that would involve a longer-term investment period. Duguid said Ontario had been told of a partnership between Vestas and Trillium Power, announced yesterday.

Trillium Power said it had inked a deal making Vestas its preferred supplier on four projects under development on the Ontario side of The Great Lakes.

THE CANADIAN PRESS

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By the numbers

According to the 20th annual RBC RRSP poll, half of Canadians (54 per cent) expect their pensions — whether a pension from an employer (29 per cent) or a government pension (25 per cent) — to be the single, largest source of income in retirement. **METRO NEWS SERVICES**

RRSP Guide

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA



Don't forget

The deadline for making contributions to your Registered Retirement Savings Plan (RRSP) for the 2009 tax year is March 1, 2010. That means you only have 19 days left!

What's your investing strategy?

Consider age, marital status when deciding on financial goals, experts suggest

RAFAEL BRUSILOW
for Metro Canada



Smart investing is crucial at any age and marital status, though your goals and strategies are going to be different along the way.

Tom Hamza, president of the Investor Education Fund, says for most people age is an important indicator of where their financial goals are aimed and you'll want to increase the num-

ber of income-generating investments you hold as you get older.

"There are life stages and your investment portfolio should always match the stage of life you're in. A great rule of thumb is that the fixed-income part of your portfolio should equal your age — that's something that should consistently change," he said.

Young investors should pay off their debts first in order to free up income for investing, while older ones should focus on protecting their capital.

"For young people, if you have outstanding debts like student loans or credit card debt, tackle those first. Make sure your house



Your portfolio should match the life stage you're in, experts say.

is in order first, then focus on paying ahead. As you get older, you'll want to reduce risk and have more sources of reliable income," Hamza said.

Christine Van Cauwenbergh, director of tax and estate planning at In-

vestors Group, says seniors and retirees need to take special care to navigate the tax system because maximizing the use of their saved money is paramount at that stage in their lives. Seniors should speak with an investment adviser to figure out how to arrange their financial situation to make sure they pay as little tax as possible while still drawing a comfortable income.

"For seniors, it's very important to minimize your net income. If you just rearrange a few things, you can often save a lot of money," Van Cauwenbergh said.

For couples, Van Cauwenbergh says marriage or a common-law situation can offer a wealth of investment boosts, such as pension income splitting and spousal RRSPs, but it can also create new challenges so make sure you speak with an expert.

Hamza says for couples

where one person earns significantly more than the other, options exist to split income away from the higher earner to the lower one, lowering taxes in the process.

"You want to make sure the higher income earner pays fewer taxes," he said.

No matter what your age or marital status, however, don't treat your tax return as a spending bonus — if possible, reinvest it instead.

"For many people, it will make sense to take that tax return and apply it to other investments to get more bang for your buck — don't just use it as spending money," Hamza said.

Next week's lineup

SPOUSAL RRSPs For advice from the experts on how to make the most of your spousal RRSP, pick up Metro's next RRSP Guide on Feb. 17.

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According to the 20th annual RBC RRSP poll, 68 per cent of Canadians feel having enough money for a comfortable retirement is the most important consideration when retiring. METRO NEWS SERVICES

Borrowing to invest an option

ROBYN YOUNG
for Metro Canada



One way to maximize your RRSP contributions is to get an RRSP loan, but professionals in the industry warn this is not for everyone.

"It all depends on your tax rate, your expected rate of return and how fast you're going to pay off the loan," said Jamie Golombek, CIBC's managing director of tax and estate planning.

When you borrow to put money into an RRSP, the interest on the loan is not tax deductible, so it can become quite expensive, he said.

You may end up paying more interest to the loan than you'll make on the RRSP, especially if it's in a daily interest account or GIC.



One way to maximize your RRSP contributions is to get an RRSP loan — but this option may not be for everyone, experts warn.

"But if you have a higher rate of return (on the RRSP), then it may make

some sense," he said.

Kevin Cork, certified financial planner based in Calgary, says if you're considering a loan to contribute, think about your saving style.

"For some people, getting an RRSP loan isn't really the ideal system because there's always going to be debt to the loan," he said.

For others, who are better at paying down debt than saving, it's a viable option.

It's all about carrots and sticks, he said.

"They need that stick of the fact that they owe this money," he said.

If you decide to get a loan to contribute, Susan Howe, regional financial planning consultant with RBC, says go for a line of credit or apply for an RRSP loan, which is specifically designed for contributing to your RRSP and will likely have favourable interest rate terms.

Whichever way you de-

cide to go, Howe said it's imperative to ensure you have the means to carry the loan debt.

"The key is that you have to have the available cashflow to support those payments in view of whatever else might be going on in your financial picture," she said.

Alim Dhanji,

"The key is that you have to have the available cash flow to support those payments."

Susan Howe, RBC

certified financial planner with Assante Financial Management in Vancouver, recommends anyone considering borrowing to contribute to their RRSP proceed with caution.

"If you can pay the loan back right away, then I am OK with it," he said. "Otherwise, I generally don't like people getting behind and always borrowing to catch up."

Rather than paying off debt, Dhanji recommends setting up monthly contributions to an RRSP because it creates good habits.



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Common errors avoidable, advisers say

JON TATTRIE
for Metro Canada



With the pressure mounting to sock away money in an RRSP, people run the risk of making common errors in self-directed accounts, experts say.

Jason Schella, the Bank of Montreal's regional sales manager for Atlantic Canada, says the most common mistake is investing without an overall financial plan.

"How can I do the right investing if I don't

One common mistake is investing without an overall financial plan, experts say. It's difficult to grow your money if you don't have goals in mind.

know exactly where I have to get to?" he says when reached by cellphone en route from Fredericton to Halifax. Identify your financial destination before plotting the map, he urges.

A second error is buying high and selling low — the opposite of what

you'd want to do. When a stock is hot, people snatch it up. When it's falling, they drop it. A savvy investor will plug wax in his ears and ignore the siren song of hot or cold tips.

"Time in the market

"Time in the market is more important than timing the market." Jason Schella, BMO

is more important than timing the market," Schella advises.

In the land of Earl Jones Ponzi schemes, Schella says it's safest to stick with big-name financial institutions if you use a financial adviser.

"(The bank) is still going to be there, even if one of the individuals wants to go to the Caribbean," he jokes.

David Shymko, an investment counsellor at Vancouver's Macdonald, Shymko & Company, says a common mistake is investing for too long a term in government or corporate bonds.

"If there's an expectation for inflation, those bonds will go down in value," Shymko says. "There is capital risk associated with investing too long when the expectation of interest is rising."

If you're going to go with speculative stocks, hold them personally, not in your RRSP. They regularly fluctuate and

when you have a loss in an RRSP, it's forever, he says.

"There's no way you can get any tax savings for a capital loss in an RRSP."

Another problem he sees is people opening too many accounts as they chase the best deal each year.

"They get this whole mishmash of accounts and they're often paying an annual fee for each account," Shymko explains. Consolidate to one or two accounts.

Some people even wind up with too large an RRSP. Because the tax-shielded money has to come out eventually, investors may find themselves "stuck in the highest tax rate forever."

Keep an eye on your final financial destination to avoid that.

Finally, Shymko warns RRSPs aren't the best plan for everyone. Workers in a low tax bracket may do better with a tax-free savings account (TFSA).



Oilers restart AHL club in Oklahoma City

Pro hockey will return to Oklahoma City starting next season. Representatives of Prodigal Hockey LLC and the Edmonton Oilers said yesterday that Oklahoma City will be the home of the Oilers' now-dormant American Hockey League franchise. **THE ASSOCIATED PRESS**

Sports

EDITOR: DON.MCHOUILL@METRONEWS.CA

Heavy contracts must be dealt

With deadline fast approaching, Edmonton needs to trim payroll

TheHockeyNews

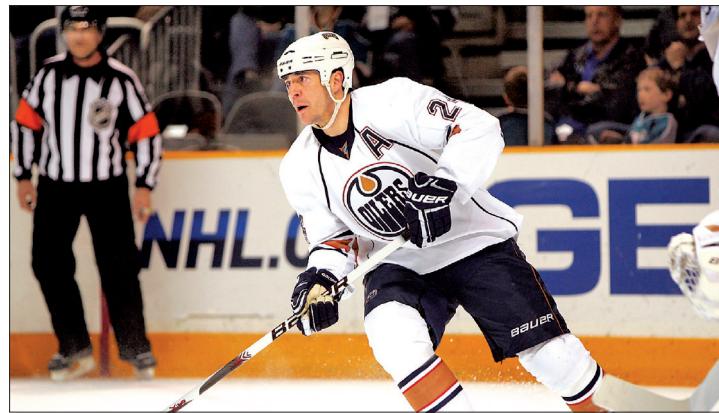
Ryan Kennedy

thehockeynews.com

Thanks to the Vancouver Olympics, this year's NHL trade deadline will be conducted a little differently.

In the past, there has been one glorious day of frenzied trading, preceded by some very intriguing early-bird specials. But thanks to an Olympic break-inspired roster freeze, GMs around the league technically have two deadlines to work with.

The traditional, official deadline is March 3. But expect a lot of trades this week, culminating on Friday when the Olympic roster freeze goes into effect at midnight. The action has already begun with the Maple Leafs picking up Dion Phaneuf, Olli Jokinen



Oilers defenceman Steve Staios has an intriguing contract that could be moved at the deadline.

heading to the Rangers and Ilya Kovalchuk becoming a Devil.

But if Edmonton GM Steve Tambellini has any designs on self-preservation, he must peddle away some of the awful contracts taken on by the team in recent years.

The most obvious, yet also most difficult, is defenceman Sheldon Souray. A broken hand and a reported list of six teams he

will waive his no-trade clause to join are the sticking points.

Especially since the majority of those six teams have neither the need, cap space or willingness to acquire him.

Fellow veteran blue-liner Steve Staios, however, is a bit more manageable.

Yes, his \$2.7 million cap hit is ugly, but the contract was front-loaded, so a team would only be on the hook

for \$2.2 million of real money next year, which is also the final season on the deal. Given the financial straits of some NHL teams right now (not only the bad ones), this is an intriguing contract.

Up front, it seems almost cruel to dangle Mike Commodore on the open market, since he only recently returned from an extended bout of mononucleosis, but the native son is a rari-

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ty on the Oilers right now — a pending unrestricted free agent who could contribute to a contending playoff team.

His \$1.25 million salary is very easy to swallow and since he would be a "rental" this year, there's no reason he couldn't return to Edmonton in the near future should he desire.

With goalies Jeff Deslauriers and Devan Dubnyk both in need of new contracts this summer, not to mention defenceman Dennis Grebeshkov and forwards Sam Gagner and Andrew Cogliano, the Oilers are going to need some serious cap space this summer.

Trading away contracts would be a great start.

City gets new soccer team

NASL Edmonton has been awarded a franchise in the North American Soccer League.

FC Edmonton will begin play in the 2011 season.

The NASL will kick off with nine teams in 2010, including the Montreal Impact and Vancouver Whitecaps.

FC Edmonton also unveiled its coaching staff yesterday. Dwight Lodeweges, of Turner Valley, Alta., was named the franchise's first head coach. Lodeweges is currently serving as the head coach of the Dutch premier league's NEC Nijmegen.

THE CANADIAN PRESS

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YESTERDAY'S RESULTS

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Tampa Bay 3 Vancouver 1
Carolina 3 Florida 3
Chicago 1 Detroit 1 (SO)
NY Islanders 4 Nashville 3 (SO)
Boston 2 Buffalo 2 (SO)
St. Louis 4 Detroit 3 (SO)

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YESTERDAY'S RESULTS

Atlanta 108 Memphis 94
Charlotte 94 Washington 92
Chicago 100 Atlanta 101
Colorado 117 New Jersey 97
Denver 127 Dallas 91
Detroit 93 Milwaukee 81
Miami 99 Houston 66
Philadelphia 118 Minnesota 97
Sacramento 118 Portland 107
Oklahoma City at Portland
Utah at L.A. Clippers

Olympic curlers turning to high-tech tools for training

CURLING It's no longer men or women with brooms. Canada's elite curlers also have motion-capture cameras, high-tech suits and biometric research at their fingertips.

The rocks haven't changed. The stones are made of aisleite. And there have been only occasional rule changes and improvements in brooms.

But the sport is no longer low-tech and Canadian curlers have used all the electronic help at their disposal to grab an edge going into the Vancouver Olympics.

"Giving us an advantage in Vancouver? Well that's the plan," he chuckled.

"This whole thing is about trying to help Canada gain and maintain an advantage on the international competitors that we will face in the Olympics or in the world championships."

THE CANADIAN PRESS

Giving us an advantage in Vancouver? Well that's the plan."

Rob Krepps,
Saville Sports Centre

training procedures as well as some research into the sport of curling.

"It's like being the head pro at Pebble Beach," head coach Rob Krepps told The Canadian Press as he proudly gave a tour of the centre. "I'm like a kid in the candy store."

"Giving us an advantage in Vancouver? Well that's the plan," he chuckled.

"This whole thing is about trying to help Canada gain and maintain an advantage on the international competitors that we will face in the Olympics or in the world championships."

THE CANADIAN PRESS

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3. Shawn Tschritter	AB, CA	838	345	497	842
4. Christian Gagnon	NB, CA	795	341	495	836
5. Stephanie Warren	NS, CA	818	349	480	829
6. Joanne Doiron	NB, CA	793	335	490	825
7. Kyle Turk	NS, CA	845	356	469	825
8. Bernie Horton	ON, CA	783	342	476	818
9. Grant Greenfield	AB, CA	807	367	451	818
10. Jean-Paul Osborne	QC, CA	833	333	483	816
11. Steve Ferguson	ON, CA	827	342	474	816
12. Jordan Camponi	AB, CA	796	326	489	815
13. Blaine Schlechter	AB, CA	806	332	479	811
14. Paula Almeida-Stille		829	341	469	810
14. Stephen Stille	ON, CA	829	341	469	810

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12 sports 

Australia's two-woman bobsled team may compete at the Vancouver Olympics after winning its appeal yesterday before the top sports court. The Court of Arbitration for Sport ruled the international bobsled federation did not apply its qualification rules properly. THE ASSOCIATED PRESS

Vancouver Games

EDITOR: DON.MCHOUILL@METRONEWS.CA

Boot camp put team to the test

Canadian women spent 24 gruelling days in Dawson Creek, B.C., last spring

Carla MacLeod's eyes filled with tears at the thought of one more session in the weight room. Beckie Kellar had to overcome her fear of bears. Jayna Hefford thought "What am I doing here?"

Whatever the Olympic Games throw at the Canadian women's hockey team now that they've arrived in Vancouver, nothing will be harder than the month they spent together near Dawson Creek, B.C., last spring.

Boot camp, as it is not-so-fondly called, tested the women physically and mentally for 24 days in May and June. In the process, they pushed past their limits and helped their teammates get past theirs.

Carla MacLeod

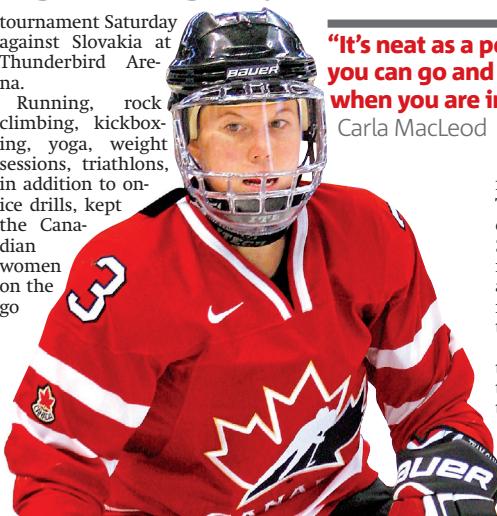
When the players reconvened in Calgary in August to begin full-time training, they already had a strong base of trust and fitness to build on.

"They learned how to work through a lot of different things and things we might still be working through right now had we not done that," head coach Melody Davidson says.

Days that started at 7 a.m. and ended at 9 p.m. laid the foundation for physical and mental toughness that the players must draw on now that their final and biggest test is upon them. The Canadian women open the Olympic

tournament Saturday against Slovakia at Thunderbird Arena.

Running, rock climbing, kickboxing, yoga, weight sessions, triathlons, in addition to on-ice drills, kept the Canadian women on the go



"It's neat as a person to see how far you can go and how do you react when you are in your low of lows."

Carla MacLeod

from morning until night. Toward the end of boot camp, they rode their bikes 35 kilometres into the mountains, hiked up one and back down before making the return trip on their bikes.

Exhaustion would eventually hit. The players had to find reserves they didn't think they had to continue. They also learned to recognize when teammates were struggling and what help they needed.

"We call it hitting the wall. You just bonked," MacLeod says. "In the 30 days, I probably hit a wall three different times, where I just wondered 'what is going on? This is crazy.'

"I think that's why it is such great team bonding. All of that's important. It's testing your limits. It's neat as a person to see how far you can go and how do you react when you are in your low of lows. Do you yell? Or do you retreat?"

Boot camp has become standard for Canada's Olympic women's hockey teams since they held one in Valcartier, Que., prior to the 2002 Games.

THE CANADIAN PRESS

Sponsor offers rich reward for luge gold

CASH After years of slumping it, Canada's Olympic luge team has a chance to move into sport's high-rent neighbourhood.

An Alberta sponsor has offered a \$1-million prize to any Canadian luger who wins a gold medal at the Winter Olympics.

"That's huge for us to be offered that sort of thing," Calgary's Alex Gough said yesterday, a few moments after learning about the golden carrot.

Sam Edney said the offer shows the potential of Canada's luge team.

"A year ago we had no title sponsor," said the Cal-

gary resident, who is considered a threat in the men's event. "Now we've got a group of people that believe in us so much they are willing to put that kind of money on the line."

The cash is being put up by Fast Track Group, a company which bills itself as a financial education specialist.

"I guess I'm blessed financially and I wanted to share," company founder Darren Weeks said.

The million-dollar prize would be split between the athlete and the Canadian Luge Association.

THE CANADIAN PRESS

Rookie commentators to call Games in many languages

BROADCASTS For Winter Olympics rookie Abel Charles, training for the biggest event in sports has involved sitting at home and yelling at a television as champion skiers perform daring flips in the air.

The mock play-by-play has been going on for months as Charles and several dozen newbie broadcasters gear up to debut as Canada's first official commentators to call an Olympic Games in a language other than English or French.

Viewers accustomed to the rapid-fire play-by-play of seasoned vets like Harry Neale or Bob Cole will have to lend these novices a bit of leeway, says sports an-

22 An unprecedented push by a multi-channel media consortium led by CTV and Rogers means these Games will air in 22 different languages, among them Mandarin, Polish, Ukrainian, Punjabi and South Asia's Gujarati.

chor Jim Van Horne, who's been coaching the aboriginal team in the leadup to the Games.

"Raw is the word to describe them," Van Horne, a former TSN and Sportsnet anchor, says of the crew he's been training at APTN studios in Winnipeg.

"There might be maybe two or three that have a

limited amount of broadcast experience, that have maybe done a little bit of hockey on radio, but I don't think any of them have television experience, virtually none."

It was hard enough finding fluent speakers willing to go on camera, let alone fluent speakers with a background in the winter sport involved, he notes.

"To find individuals who were fluent in their aboriginal languages and who had experience was virtually impossible — there just wasn't anybody," says Van Horne.

The commentators have diverse backgrounds. Some are singers and performers, says Charles, while others,

like him, were scouted at small-town radio stations. NHL announcers Alex Chum and Bill Tang, meanwhile, jumped on board after pioneering Cantonese broadcasts for the CBC.

This time around, fans can catch skeleton in Tamil, luge in Bangla and long track in Urdu on Olympic partners including Omni, ATN and APTN.

Omni news director Pierluigi Roi says sports were matched with cultures that had a particular interest in specific games, noting that alpine events are big with Italian audiences, while several Chinese skating stars have made on-ice events popular in the Asian community.

THE CANADIAN PRESS



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B.C. reduces capital allowance for NWCC

British Columbia-based Northwest Community College's annual capital allowance will be reduced by 74 per cent, according to a community update from college president Stephanie Forsyth. As well, B.C.'s College of New Caledonia will see its annual capital allowance reduced next year, resulting in more than \$1 million in cuts. **METRO NEWS SERVICES**

Workology

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Advice: It's always your decision**Dragons' Den****Dianne Buckner**metronews.ca/dragonsden

Have you ever asked for advice about your career? And did you take that advice?

I'm a big believer in consulting experienced, knowledgeable people before making any big moves in your workplace. It's good to get a variety of perspectives, and possibly more information, before taking a significant step.

Tonight on Dragons' Den, one of the Canadian entrepreneurs pitching for investment won't listen to Kevin's advice about how to proceed with his product.

"Why aren't you listening to me?" Kevin demands. "What's the matter with you?"

Whether or not this entrepreneur should listen to Kevin could be debated. Certainly all of the Dragons have been incredibly successful in business, so any bits of wisdom they share should be considered. But at the end of the day, everyone does have to make their own decision, since we're the ones who will bear the consequences.

It's important that if you do want some guidance, you speak to people who you respect. And even then, you have to feel comfortable with the action they recommend. Again, it's YOU that will have to deal with the outcome, good or bad.

I think we should also be careful about giving advice. It's easy to shoot from the hip about what a person should do in any given situation, but if you're not truly confident about your recommendation, don't give it.

Watch tonight, and see if you think Kevin's advice was good or bad!

The man behind Compliments

Working the Wok

For the month of February, Metro's Workology section will be focusing on some delicious food-related careers. Check back every Wednesday for a new feature.

JON TATTRIE
for Metro Canada

Lining the halls of grocery stores across Canada is tasty work, says Sobeys' John Hale.

John Hale has eaten his way to the top of the food chain, parlaying his sensitive palate into a job perfecting the Sobeys store-brand Compliments.

"I'm a sensitive guy," the stocky 40-something Yorkshire, England, man says to laughs from a colleague who describes him as "looking like a football hooligan."

Hale's tongue was poached from the U.K. supermarket chain Tesco in 2007 when he brought his 25 years of experience to Canada to take up a post as director of product appraisal and product development for Sobeys.

His job is to taste-train members of the public so that they can help Sobeys craft a range of delicious dishes. A team of 100 panelists are drawn from the

general public and it's Hale's job to teach their tongues how to taste over a six-week course.

"When you start off with a customer, they always say, 'It's nice, it's tasty, it's lovely.' That's not really what I'm after — I'm after what's in that product," he explains.

He's not a chef and has never worked as one — he studied chemistry, not culinary — but his exceptional chops have made him a sought-after foodie.

He tends to arrive at work by 7 a.m. and works until 7 p.m., Monday to Friday. "A lot of that's my choice, because I'm dedicated to what I do," he says. "There's a lot pride here — pride in getting

really good products out on the shelves."

Most of his day is spent eating food. Teams of 12 panelists work on a product, with six products sampled in a three-hour session. "We made sure that our products were good enough for our customers and if they weren't, we put them back in product development," he says. "To be honest with you, I don't think I've ever packed a lunch."

While most people think taste comes from the mouth, Hale says in fact the nose knows: 85 per cent of "taste" comes through smell.

Job hazards are hot and spicy foods, which can

damage your taste buds, and the constant risk of overeating.

For Hale, his job is a dream come true. "I wouldn't swap working with food for anything," he says. And to unwind after work, he turns to his favourite pastime: Cooking.

France is the global hot

spot for training people in his job, along with Leeds and Reading universities in the U.K.. In Canada, he cites George Brown College in Ontario.

For more of the Working the Wok exclusive series check Workology every Wednesday or stop by: metronews.ca/work

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Dianne Buckner hosts Dragons' Den and is also a weekend anchor on the CBC News Network. Dragons' Den airs tonight at 8 p.m. on CBC.

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A "smart camera" technology that can help increase a factory's efficiency has won its student designer the national AUTO21 TestDRIVE automotive research competition. Siddhant Ahuja, a PhD student at the University of Windsor in Ontario, received a \$10,000 scholarship for his work on indoor real-time location tracking systems. [CANADIANDRIVER.COM](#)

Metro Drive

EDITOR: KUMAR SAHA, KUMAR.SAHA@METRONEWS.CA

4Runner still got mojo

Toyota's SUV beauty also able to roll with the rough

NEIL MOORE
for Metro Canada

Today's sport utility vehicles are a far cry from the boxed pickup trucks of yesteryear. Now offering the style and amenities demanded by the business executives and soccer parents who buy them, SUVs now seem more about comfort and style than they do about either sport or utility.

Sure, they offer four-wheel-drive, many also with four-wheel-lock and other traction control systems, but how many can truly take the pounding of serious off-roading?

With that question in mind, I jumped at the opportunity to put the all-new 2010 Toyota 4Runner SUV through the paces in the backwoods of Muskoka cottage country, during a recent launch event.

From all appearances, the current generation 2009 4Runner has become every bit as urban and posh as others in the intermediate-size SUV segment. And despite its roots — and current status — as an able off-roader, it doesn't look the part.

The newest 4Runner is taller, wider and longer than the '09, with pronounced, squarish fender flares, wide shoulders, masculine grille and overall, a no-nonsense, truck-like exterior.

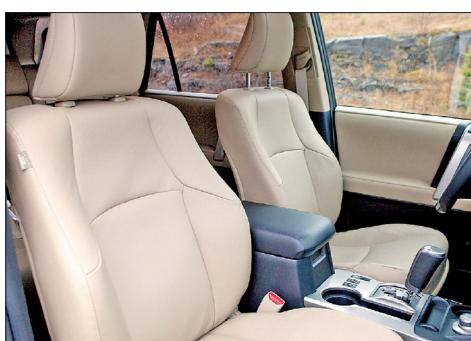
At the heart of this new model is a new six-cylinder powerplant that replaces the fourth-generation's standard 3.5 litre V6 and optional 4.7 litre V8 engines. This 4.0 litre DOHC 24-valve V6, rated at 270 hp and 278

lb/ft of torque, is up by 34 hp and 12 lb/ft over the previous V6 and up 10 hp over the optional V8, while matching its 5,000 lb. towing capacity.

This engine also sees a five per cent improvement in fuel economy over the prior V6 and 17 per cent better than the previous V8. Not that I'd take my own leather-lined, climate controlled 4Runner (if I had one) over muddy, rock and log strewn trails and through river beds. But it's nice to know I could.

I drove the Trail edition, one of five models that include the base SR5 at \$36,800 (same price as '09), the Upgrade Package, Limited Package and Limited with Navigation Package.

The SR5 model comes standard equipped with eight-way power driver's seat; four-way power pas-



The fifth-generation 2010 Toyota 4Runner has been given a more rugged appearance to match its serious off-road ability. Inside, there's no shortage of creature comforts, such as these well-bolstered, power-adjustable seats.

senger seat; XM satellite-capable, eight-speaker audio system with Party Mode; running boards; multi-information display and a bevy of safety features.

In the 2010 4Runner, Toyota started with a very capable truck and then added systems to enhance safety while extending driver capability.

Proof again that after 25 years, the 4Runner may have flirted with fashion, but has never lost its mojo.



The Gladius 650.

Suzuki's Gladius bike wins award

HONoured Suzuki's latest middleweight motorcycle has gained one of the most prestigious awards in its home market, taking the honours in the motorcycle category of the famous Good Design Awards.

Launched in the spring of 2009, the Gladius 650 replaced the hugely popular SV650, going on to score highly with both press and customers.

Featuring a trellis-style steel frame, curved bodywork and ancillaries along with bold colour options, the Gladius brought unique style to the Japanese naked middleweight segment.

But it's more than just aesthetics that have made the Gladius an instant hit.

With a chassis and body-work designed to be slender, a low seat-height of just 785mm and strong attention to detail, the Gladius 650 is one entry-level machine that delivers both form and function.

FROM CARGUIDE

AutoPilot
Michael Goetz
WILL RETURN



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The Chevrolet Volt is being showcased at the 2010 Olympic Winter Games in Vancouver, marking its debut on Canadian roads. The Volt will go on sale in Canada in mid-2011. CANADIANRIVER.COM

Entourage big for little

JUSTIN PRITCHARD
for Metro Canada



got all the toys.

MODEL: 2007 to 2008
Hyundai Entourage
VEHICLE TYPE: Minivan
APPROXIMATE USED PRICE
RANGE: \$14,000 to \$20,000

HISTORY/DESCRIPTION:

Hyundai's Entourage brought the brand's knack for value-based vehicles into the family hauler marketplace. It experienced a short life and limited sales, but not before earning a reputation for fantastic bang-for-the-buck in the minivan scene. It even claimed a surprise Best New Minivan award from the Automobile Journalists Association of Canada (AJAC) in 2008 — beating the then-new entries from Chrysler for the title.

Entourage's interior packed some 4,000 litres of maximum cargo space, five doors, seven seats and plenty of at-hand storage and organization. Several trim levels with numerous options and hardware combinations were available. All the staple features were standard — including power accessories, air conditioning and cruise control.

Shoppers can look for rear-seat climate control, a power adjustable driver's seat, sunroof, heated leather, and even a DVD entertainment console. Are you parking challenged? There was even a factory-installed radar parking system for those after more confidence in close quarters.

As a guide, used Entourage shoppers should remember that more basic models were called the L or GL, while the higher-end GLS or Limited models

Second Gear

WHAT OWNERS LIKE: Entourage owners who've taken to the web often say they first checked out the Entourage because of its price and crash-test scores. Further investigation followed thanks to the ride comfort, roominess, power and abundant handy storage. Ultimately, the generous warranty and overall value was one of the strongest drivers of the purchase decision. Most used Entourage shoppers will have no problem finding a model with remaining factory warranty, too.

WHAT OWNERS HATE: Owner complaints included cheap interior trim quality, squeaks and rattles over time, and sometimes heavy fuel consumption.

COMMON ISSUES: Given the Entourages low sales volumes and short lifespan, reliability data is inconclusive at best. As such, a thorough test drive and comparison of several candidates is key to finding a worthy used model. Good old fashioned shopper instinct is important, too. When driving your potential used Entourage, ensure all interior accessories function properly—checking all windows, the climate control system, power sliding doors and keyless remote. A mechanical inspection is a good idea if you're not shopping a certified used model. A mechanic can quickly scan for hidden problems like leaks or rust, as well as checking the condition of various suspension components, the tires and the brakes.



The 2007-08 Hyundai Entourage gives you minivan features for budget prices.



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*Limited time lease offer available on new 2009 Boxster or Cayman only through Porsche Financial Services Canada on approved credit until February 28, 2010.

GM gets \$7.7M grant

RESEARCH AND DEVELOPMENT
General Motors received a \$7.7 million grant from the U.S. Department of Energy to accelerate development of four technologies to improve the fuel economy of light-duty vehicles by at least 25 per cent while meeting strict future emissions standards.

The GM project, which will benefit vehicles sold in both Canada and the U.S., integrates technologies including lean combustion, stop-start, and active thermal management and an innovative passive selective catalytic reduction after-treatment system that collectively push the efficiency of conventional propulsion to its upper limits. The new technologies are expected to deliver 25 per cent better fuel economy.

"The DOE grant helps accelerate our efforts in bringing breakthrough technologies to production that optimize fuel efficiency, emissions and vehicle performance," said Dan Hancock, GM vice president of global powertrain engineering.

In addition to a "passive SCR" after treatment, the advanced engine development project will also employ a stop-start subsystem.

FROM CARGUIDE

Car insurance tips for new immigrants

Newcomers to Canada have many issues to deal with, not the least of which is auto insurance. If you don't do your research, you might find that owning a car costs you a lot more than it should. While auto insurance is a big part of a car owner's budget, there is plenty you can do as a newcomer to ensure that you're getting the best rate.

First, take the time to do some homework, says Anne Marie Thomas, of In-

suranceHotline.com, an unbiased comparative quoting service directing consumers to the insurance companies which offer the lowest rates.

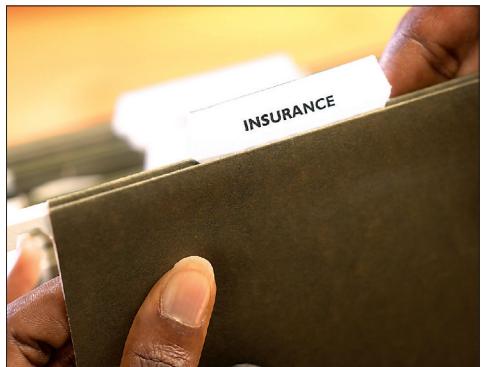
"Some countries may have similar laws, but it is important to look into what may be different and mandatory, and what the difference in costs could be from one insurer to the next."

Here are some of the things to consider when looking into auto insurance

coverage for the first time in Canada:

- Get the right documentation from your previous insurer. Canadian insurers base their quotes on your performance record, so the more information you can provide about your driving record and insurance history in your home country, the better.
- Budget right. Before you buy a car and get your insurance, make sure you understand the entire cost of ownership.

NEWS CANADA



If you are a newcomer to Canada, you should do a lot of research and get to know the rules before buying car insurance.

Cheap flights coming to Alaska?

Travel industry officials say more airline flights to Alaska this summer may boost competition and result in lower fares to some Lower 48 cities. Daily nonstop service to Anchorage flights have increased by 50 per cent. **METRO NEWS SERVICES**

Travel



Aspen adopting tourists

Find this ritzy ski resort a little snobby? Aspenites are working on it. A city tourism initiative announced this week seeks to shake off Aspen's unfriendly reputation, according to the *Aspen Daily News*. The Adopt a Tourist promotion has city officials asking residents to volunteer to play host for visiting tourists.

METRO NEWS SERVICES

EDITOR: BEN.RYCROFT@METRONEWS.CA

Delivering Dominican Excellence

Forget the flowers, head south to this couples only resort for your Valentine's Day

JOHN AND SANDRA NOWLAN
For Metro Canada

Flowers and chocolates may be ideal gifts for Valentine's Day but many couples are opting for a more exotic treat in a tropical, luxury setting.

All-inclusive Caribbean resorts that cater only to adults are becoming more popular with Canadians. Few do it better than Excellence Punta Cana at the far eastern end of the Dominican Republic.

The 450 room Excellence Punta Cana is about an hours drive from the modern, efficient thatched-roof airport, positioned in a series of low rise buildings along a half kilometre stretch of soft, golden sand.

Our late evening arrival didn't prevent a warm Dominican welcome with chilled glasses of sparkling wine in the lobby, a seamless check-in and, in our large suite (four-poster, king-size beds and marble floors are standard), a bubble bath in our double Jacuzzi with rose petals, candles and incense — a great romantic start to a week's vacation.

In the morning we awoke gentle sea breezes blowing through scores of dancing palm trees and a perfect 25 degree temperature. The breakfast buffet convinced us that this re-

**Couples
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Horseback rides come complimentary at Excellence.



Part of the large botanical garden at Excellence Punta Cana.



The Dominican coast line is some of the best in the world.

sort was special. In addition to the usual goodies (including excellent waffles, fresh-baked bagels and outstanding coffee) two types of caviar were offered as well as mimosa and Bloody Mary stations.

Fine cuisine is beginning to set the Dominican Republic apart from other all-inclusive resort areas of the Caribbean.

One of the reasons Excellence seems to excel (while attracting guests from honeymooners to seniors) is its policy of a la carte dining every evening in its eight theme restaurants.

There's also an emphasis

on fresh, local produce. abelle (French), Agave Choices include Chez Is-

(Mexican), Barcelona

(Mediterranean, including excellent tapas), Toscana (Italian), Spice (Pan-Asian), Oregana (informal pizza and pasta), The Lobster House (sadly, only Caribbean lobster) and The Grill steakhouse (the favourite of the meat-loving Greens from Edmonton).

Once a week there's also a Dominican night, usually on the beach, where chefs prepare local specialties including roast suckling pig, fish in coconut sauce, stewed goat with rum and oregano, yucca with garlic and onions, plantain pie and Dominican sausage.

Any couple wanting a special, romantic dinner by the sea can choose (at extra cost) a private, candlelit meal directly on the beach with a special menu, unobtrusive service, fine wines and an unbeatable ambience.

Honeymooners (wedding packages are a specialty here) often choose this candlelight and moonlight option.

In the Caribbean, the sun is the same wherever you go.

The water is virtually the same. It's how you're treated that makes the difference.

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Masked merrymakers are cavorting in Venice to mark the start of Carnival. The canal-laced city's pre-Lenten festivities are Italy's most popular. Venetian souvenir shops are crammed year-round with colourful, delicate masks, but Carnevale is the time to put them on. METRO NEWS SERVICES

4 choco-locations

If you're dating a chocolate lover, you may want to consider travelling to one of Canada's choco-locations this Valentine's Day.

Metro has compiled the top four chocolate destinations for your eating pleasure.

4 Calgary, Alberta

The Rim-rock at The Fairmont Palliser in Calgary features special Monday nights which end in Death by Chocolate — the cake, that is.



2 Gatineau, Quebec

Miss Chocolat has been making fine chocolates since 1989. Passion and creativity are the extra ingredients in her mouth-waiting truffles, candied chocolates and glistening, dark, heart-shaped chocolate boxes.

And you can learn how it's done with her interactive workshops for adults and kids ages five and up.

1 Vancouver, British Columbia

The Sutton Place Hotel boasts Vancouver's only all-you-can-eat chocolate buffet.

METRO NEWS SERVICES

3 St. Stephen, New Brunswick

The town registered itself as "Canada's chocolate town" in 2000, has a chocolate museum and has been the home of Ganong Chocolates since 1873.

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Get yourself in the driver's seat

Alps resort offering Olympic-style bobsled rides to tourists

RICHARD MORIARTY
For Metro World

The advertisement persuading skiers enjoying the Alps to clamber into a bobsled and career down a track at more than 120kph shows two smiling girls without a care in the world.

Like most marketing ploys it's not exactly a true reflection of how you feel as you hurtle into terrifying bends a couple of inches above the floor in something similar to a metal coffin. Smiling comes a poor second to hanging on for dear life.

But having taken on the 1.5km course in Paradiski in the French Alps in one minute 10 seconds, I can assure wannabe daredevils that it is great fun — but it's difficult to smile when G-forces are trying to force your face through the back of your helmet.

Most people will see some bobsled events at this year's Olympics but the only way to find out



Fans of Olympic bobsledding will want to try out this course.

just how scary the sport is to do it yourself.

That's how I found myself strapped in a Mono Bob (cost \$103) on an ice-covered track which was used in the 1992 Albertville Olympics during a long weekend skiing.

When I got to the bottom and completed the most terrifying event in my life, I decided if given the chance again I'd take it.

But next time I might opt to be taken down the hill with a professional driver.



The Mono Bob ride costs \$103.



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* Price is per person, twin share. Valid for departures 1 May - 8 Jun '10. Book by 31 Mar '10. Does not include tax of \$350 pp. Surcharge applies for Alice Springs- \$200, Darwin- \$400-\$550. Savings reflect per couple travel to Cairns.



Contact your travel agent or call: **1 877 469 2966** or www.goway.com/aus

Travel in brief

NEW HOTEL The Fairmont Pacific Rim, fronting one of Vancouver's best addresses, is a newcomer to an area rich in history and intrigue. With unobstructed views of the north Shore Mountains, Stanley Park and Coal Harbour, the 377-room Fairmont Pacific Rim, debuts in March with rates starting from \$229 for a guestroom, \$249 for Bed & Breakfast, and \$299 for Fairmont Gold, which includes butler services.

RESORT DEAL Sonesta St. Maarten Resorts are extending their newest discount deal with sale at Sonesta Maho Beach Resort & Casino and Sonesta Great Bay Beach Resort & Casino. Guests who book around the Feb. 10-15, will get 40 per cent off room-only rates for travel Feb. 15 - Apr. 10, 2010. Stays of four nights or more come with a bonus of \$150 in food & beverage credits.

FLIGHT CHANGES Air Jamaica today announced a significant realignment in its network — including the suspension of service on several routes — driven by the departure of three aircraft from its fleet. By April, Air Jamaica will operate six aircraft; one A319, four A320's and one A321. Effective Mar. 9, 2010, Air Jamaica will suspend service on the following route: New York (JFK) - Grenada and Jamaica - Orlando.

METRO NEWS SERVICES

Sibide's mom singing in the subway

Although Gabourey Sidibe recently earned an Academy Award nomination for her performance in Precious, her mother — Alice Tan Ridley — is still singing in New York City subway stations to make money. "My name is not on Gabby's paycheck," Ridley told The NY Post. [POPEATER.COM](#)

Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA



Ashton Kutcher, from left, Jessica Alba, Topher Grace and Anne Hathaway star in the new movie Valentine's Day.

Big love a man's job

Valentine's Day – Which Gender Has More Stress?

STEVE GOW
for Metro Canada

Whether you're lucky at love or anxiously looking, the upcoming romantic comedy Valentine's Day aims to analyze the swelling stress that squires a full day of devotion.

No matter on what side of the equation you sit, one such issue that the star-studded affair explores — which gender encounters the most pressure on Valentine's Day — found many of the film's actors definitely in agreement recently in L.A.:

SHE SAID

Jennifer Garner: "Men — unless you're in Japan.

We've learned that in Japan, women choose a guy to give a chocolate to (on Valentine's Day) so the guy's just waiting to get the chocolate ... but here it's definitely the men. The men have to make it happen."

Anne Hathaway: "I absolutely think it's women, of course! I have to side with my gender ... I just think it's so much pressure to find a red dress, to find a Valentine's Day-coloured dress. What if it's not in your color palate, what do you do?"

Jessica Alba: "It depends who you talk to. Generally,

Valentine's Day opens Friday

I think women get a little more excited about the idea of having a Valentine or a secret admirer or a boyfriend and guys — maybe not so much. But I know some guys who are totally into it and they're sad if they don't have a date on Valentine's Day."

HE SAID

George Lopez: "There's more pressure on men. That gear is stripped — the gear that tells us that they, Valentine's Day is coming; you ought to get some cards a couple weeks in advance and properly sign them ... and not send a text."

Jamie Foxx: "Man, I just remember having those crushes (in school) and nothing like it going your way ... (one of my friends recently) bought (his Valentine) underwear. Not Victoria's Secret! Like drawers!"

Topher Grace: "I have been in the situation where you've been dating about two weeks; it hasn't even dawned on me that Valentine's Day is coming and this year I really should know but it kind of comes up on you and all of a sudden. It's this day about commitment and you have to make some kind of statement or non-statement — it's a lot of pressure for a guy."

Have a better heart with Heidi Klum

ELISABETH BRAW
Metro World News

Heidi Klum walked the runway at New York's Red Dress Fashion Show yesterday.

Like her supporting celebrity cast — including Kim Kardashian, Jordyn Sparks and Rose McGowan — Klum isn't promoting a fashion house. Instead the supermodel and Project Runway host, who is also Diet Coke's heart awareness ambassador, aims to educate people about heart disease.

Klum, who recently gave birth to her fourth child, joins forces with Heart Truth, a heart awareness campaign sponsored by the U.S. government.

Q Heart disease is the leading cause of death for women. Have you had your heart tested?

A Of course. I'm one of those people who go to every single doctor's appointment. I go to every doctor, including the gynecologist and the dentist, every six

months. And I strap my kids into their car seats and bring them to the doctor every six months, too.

Q Do you ever get lazy and feed your kids hamburgers instead of your mother's famous Sauerkraut soup?

A They love hamburgers! And fries! And chicken nuggets! And they like my Sauerkraut soup, too. They'll even eat really healthy things. Last night I made chicken and Brussels sprouts for them.

Q Can Diet Coke really be good for one's heart?

A One of the factors that cause heart disease is excess weight. If you lower your calorie intake, you lower your risk of heart disease. Diet Coke has zero calories. It's not a radical solution, but every little thing helps.

Q With four children, how much to you really exercise every day?



Heidi Klum poses backstage at the Victoria's Secret fashion show.

A I don't necessarily go to the gym, but thanks to the children I burn a lot of calories. I jump with them on our trampoline, I swim

Warm your heart with these offbeat movies

ADAM NAYMAN
for Metro Canada

Garry Marshall's Valentine's Day is merely the latest — and most explicitly titled — Hollywood rom-com with designs on blitzing the mid-February box office.

Its starry ensemble cast, which includes a pair of Taylors (Lautner and Swift) and two Jessicas (Alba and Biel), will probably entice plenty of couples to the multiplex, but our advice to cinema-loving lovebirds is to stay in, turn the lights down, and sample one of the more offbeat titles on the following list.

ADVENTURELAND

Greg Mottola's follow-up to Superbad was advertised as another crude crowd-pleaser, but it's a more delicate piece of work. There's a plausible slow-burn to the relationship between amusement park wage-slaves Jesse Eisenberg and Kristen Stewart, and the scene where they joy-ride bumper cars with a Cure song in the background should hit a bittersweet nerve with '80s babies.

BEST SUNSET

Celine (Julie Delpy) and Jesse (Ethan Hawke) go boating — and walking, driving and maybe to bed in Richard Linklater's sublime two-hander, a meditation on time and memory that might be the best

TV Survivor
The host has spoken. Jeff Probst is staying on Survivor for its 21st and 22nd seasons.

PEOPLE.COM

FRIDAY NIGHT

Claire Denis is one of the cinema's great sensualists, and her 2002 film about a young woman's last night of single-hood — and the handsome man she meets in the midst of a Parisian traffic jam — fairly tingles with visual pleasure: Under her gaze, even the late-night cleanup at an empty café feels like an enchanted moment.

IN THE MOOD FOR LOVE

A Hong Kong apartment complex is transformed into a hothouse of repressed desire in Wong Kar Wai's achingly beautiful period piece. As neighbours staving off mutual attraction for the sake of their respective marriages, Tony Leung and Maggie Cheung embody longing like they hold the patent.

TWO LOVERS

A troubled loner (Joaquin Phoenix) sets his sights on a blonde goddess (Gwyneth Paltrow) while dismissing the affections of a family friend (Vinessa Shaw). James Gray's tortured love triangle resonates with empathy for all its characters, and articulates the dark side of infatuation with real eloquence.

20 entertainment



Jack Bauer may finally hit the big screen. Though Fox has yet to decide whether to pick up a ninth season of 24, an insider confirmed that the film side is in talks with Billy Ray (State of Play) to write a screenplay for the franchise. EW.COM



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Vampire Diaries actor Somerhalder dishes on the love-triangle in the hit TV series

Ian Somerhalder would like to preface any conversation about the joy he finds in playing devious vampire Damon Salvatore with the following: "I am not a maniacal killer."

No, but the 31-year-old actor does have a few things in common with his bad-ass bloodsucker on The Vampire Diaries.

"Damon is a very lonely guy," Somerhalder empathizes.

"We all know what it's like to feel lonely. And there are two relationships that he wants back — his brother and his girl."

"And I know what it's like to fight with my brother, and I know what it's like to not have my girl. He's doing all of this for love, strangely enough, and he's com-

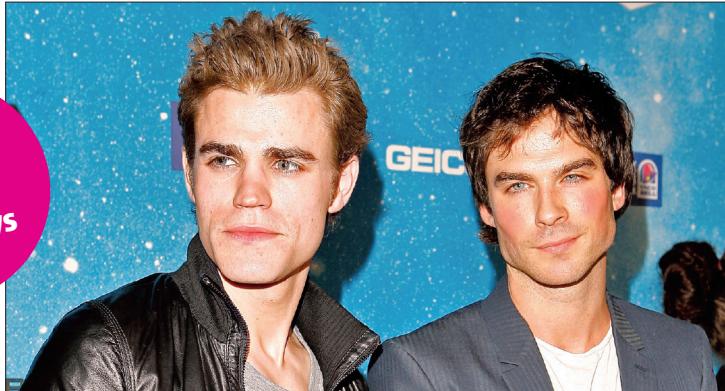
pletely justified."

The girl Damon aims to regain is Katherine, the spoiled vampire who turned Damon into a blood-sucker in 1864. She was captured soon after buy Damon's own father and locked away for eternity.

Damon's brother, Stefan, was also turned by and in love with Katherine, who happens to be the spitting image of Elena, Stefan's present-day mortal love interest.

Somerhalder

Watch The Vampire Diaries Thursdays on CW



Paul Wesley, left, and Ian Somerhalder play the vampire Salvatore brothers in The Vampire Diaries.

has found that messy love triangle is one of the

main reasons fans are tuning in and making

the show a hit — as well as writing tons of fan mail to him.

"Some of (the letters) are all questions: 'What's

"I find that I can't judge Damon, even though sometimes that's a bit difficult due to his actions."

Ian Somerhalder

your favourite color?"

Somerhalder says. "But some of them ... they are really insightful and really, really sort of heartfelt."

"I mean, these young teen girls are so into the love aspect. They have so many questions about love. They're not confused. They're just so inquisitive about it."

METRO WORLD NEWS



Benicio del Toro stars in The Wolfman

Benicio del Toro bares his chops

HORROR MOVIE He is an Oscar-winning actor with his name on a string of hit movies but Benicio del Toro is going to the dogs — or, at least becoming a wolf — in his new film The Wolfman. Metro World News recently spoke to him in Moscow about the film and his career.

The Wolfman opens Friday

the classics like Frankenstein, Jack the Ripper, Wolfman — I loved being scared. I was almost as scared the first time I saw myself in the wolf make-up. I looked like my dog.

Q **Wolfman is a remake of a classic horror movie. Why was it interesting for you?**

A I have loved horror movies since I was a kid. I saw the Wolfman when I was five but it left a deep impression on me. I watched all

Q **Why did you decide to become an actor?**

Because of the girls. There are a lot of girls! And also it's a chance to live a lot of different lives. And voyages. As an actor I can travel a lot. Yesterday, I was in America and now — Oops! — I'm in Moscow.

Q **After playing Che are there any modern politicians you'd like to play?**

A Obama. I like Obama, but everything depends on the script. If it's good then the role will be successful. Doing Che I was involved in the script writing and I re-

ally like that part of my job. I can add my view of the person I play.

Q **Do you like watching your movies?**

A No! I hate how I look on the screen but I love it when people like my films. I'm very critical of myself.

wouldn't be put off any further.

The diminutive rapper, his hair in dreadlocks, said nothing at a brief court session Tuesday afternoon. He left in a black SUV, flanked by fellow rapper Birdman and others.

Defense lawyer Stacey Richman said Lil Wayne was headed home to Miami

Lil Wayne's sentencing held up by his teeth

LEGAL Rap star Lil Wayne has gotten a temporary reprieve from jail — for dental surgery.

The Grammy Award-winning rapper's sentencing in a New York City gun case was postponed Tuesday, because he needs to finish a string of recent surgeries before he goes to jail.

Lil Wayne, one of music's biggest sellers and rap's hottest stars, is poised to spend as much as a year in jail under a plea deal, though good behaviour could shave that to as little as eight months.

Sentencing now is scheduled for March 2. Manhattan state Supreme Court Justice Charles Solomon said it

for dental work Friday. She declined to specify his malady.

"It is a medical situation that, like (it would for) any of us, has to be addressed," Stacey Richman, defence lawyer

for dental work Friday. She declined to specify his malady.

"It is a medical situation that, like (it would for) any of us, has to be addressed," she said outside court.

She said the rapper had planned to take care of it before Tuesday, but his dentist had been out of the country doing charitable work.

Manhattan Assistant District Attorney Joan Illuzzi-Orbon didn't fight the rapper's request to push back his sentencing, saying she had spoken to the dentist.

Lil Wayne, 27, pleaded guilty in October to a charge of attempted criminal possession of a weapon, admitting he illegally had a loaded .40-calibre semiautomatic gun on his tour bus in July 2007.

Police found the weapon when they stopped the bus after a Manhattan concert. Last week, Lil Wayne reinforced his place in rap's pantheon with a commanding performance at the Grammy Awards ceremony.

His latest album, Rebirth, was released Feb. 2.

THE ASSOCIATED PRESS



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ally like that part of my job. I can add my view of the person I play.

Q **Do you like watching your movies?**

A No! I hate how I look on the screen but I love it when people like my films. I'm very critical of myself.

METRO WORLD NEWS

Judge dismisses Perez Hilton case

LEGAL A judge is dismissing a civil lawsuit filed against a Black Eyed Peas manager who punched blogger Perez Hilton in a nightclub last year.



Attorneys for Hilton and Peas' manager Liborio Molina announced in court Tuesday they had reached a settlement agreement. Los Angeles Superior Court Judge John S. Wiley agreed to dismiss the case but retained jurisdiction in case the settlement falls apart.

The terms were not disclosed and Hilton's attorney, Joshua Blum, declined comment after the hearing. **THE ASSOCIATED PRESS**

In brief

MUSIC The Canadian Tenors get a surprise from Celine Dion on today's instalment of The Oprah Winfrey Show. The Tenors taped an episode of Oprah last week and were shocked when Dion came onstage to sing along with their version of the Leonard Cohen classic Hallelujah.

THE CANADIAN PRESS

Films for females

Corus to launch two new movie channels

Corus Entertainment's female-oriented W Movie specialty channel will launch March 1 with a first-month lineup of films that includes You've Got Mail, When Harry Met Sally, and Shakespeare in Love.

The channel replaces SexTV, which Corus acquired last year from CTV Globemedia and almost immediately announced it would rebrand. Drive-In Classics, the other channel it bought from CTV in the deal for \$40 million, also is getting a new face as a Canadian version of the Sundance Channel.

"With women's movie services representing one of the fastest growing genres in the U.S., we are thrilled to be able to offer Canadian audiences the first dedicated movie channel for women," Susan Ross, Corus's executive vice-president and general manager of specialty and pay television, said in announcing W Movies.

CW Media's Showcase Diva specialty channel also



Corus Entertainment's W Movie specialty channel launches March 1 with films like Shakespeare in Love (pictured).

targets a female audience but blends movies with serial TV shows.

"With the phenomenal success of women-oriented films at the box office, coupled with the huge popularity of our film blocks on W Network, we know that women have a real appetite for movies," added Ross.

Corus says the 24-hour-a-day channel will cater to women 25 to 54.

Corus Entertainment Inc. operates YTV, Treehouse, CosmoTV, VIVA, Movie Central, HBO Canada, Nelvana,

Kids Can Press and radio stations including CKNW, CKOI and Q107.

It was only the most recent broadcaster to operate SexTV, which was started in 2001 by CHUM as a channel for "love, romance, marriage, relationship-themed game shows, sexuality and gender issues, family planning, relationship breakdown and magazine-style programming featuring romantic vacation resorts."

Visit wmovies.ca for more information.

THE CANADIAN PRESS

ED	C	B	S	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 2/10/10	2 CFRN 239 318	etalk		Access H.	CSI: NY "The Formula"			Criminal Minds (N)	American Idol (HDTV) (N)	CTV News		
	3 KHO - 370	News (N)		Millionaire	Jeopardy! (N)	Wheel Fortune		Mercy "I Have a Date"	Law & Order: SVU	Law/Ord SVU		
	4 CBXT - 307	Wheel Fortune		Jeopardy! (N)	Dragons' Den (HDTV) (N)			Republic of Doyle (DVS)	CBC News: The National	The Hour		
	6 KREM - 372	News		Access H.	The Doctors (N)			Old Christine	Unmarried	Criminal Minds (N)	CSI: NY	
	7 CKEM 241 347	Law & Order: Special Victims		Dark Blue				Mercy "I Have a Date"	Modern Family	Cougar Town	EP Daily	
	8 CITV 240 339	ET Canada		Entertainment	The Deep End (N)			Bones (HDTV PA)	Kitchen Nightmares (PA)	News Hour		
	11 OMNI -	- King/Queens		The Simpsons	Omni News: S. Asian Edition			Omni News: Cantonese Edition	Two/Half Men	Two/Half Men	Ugly Betty	
	13 KXLY - 371	4 News at 6		Entertainment	The Insider (N)	News at 6:30		Charlie Brown	The Middle (N)	Modern Family	Cougar Town	Ugly Betty (N)
	16 KAYU - 373	The Office		Raymond				Human Target "Run"	American Idol (HDTV) (N)	News		
	22 KSPS - 374	PBS NewsHour		Faces of America				The National Parks: America's Best Idea (DVS)	Paving			
	24 WTVS - 364	The National Parks: America's Best Idea (DVS)			Being Served		Keeping Up	Tavis Smiley	Charlie Rose (N)			
	15 CBCN 502 -	CBC News: The National		Greatest Streakers				CBC News: The National	Streakers			
news	21 TWIN 505 398	(5) EarthWatch One		EarthWatch One				EarthWatch Two				
	27 CNN 500 500	Larry King Live (N)		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360		
	54 CTVN 501 391	CTV News Tonight		CTV News	CTV News			CTV News	CTV News			
	70 BNN 504 508	Squeeze Play		Business News	Commodities			Market Call Tonight	Headline	Commodities	Squeeze Play	
sports	20 TSN 400 400	NHL Hockey		NHL Hockey	Edmonton Oilers at Anaheim Ducks. (HDTV) (Live)				SportsCentre	On Home Ice		
	23 net 408 418	The Great Tournament		Sid vs. Alexander				Hockey Central	MMA Conn	Sportsnet Connected (N)	Sid- Alexander	
	47 SPEED 417 406	NASCAR		NASCAR Live	NASCAR Racing			6TEEN	Futurama	King of the Hill	American Dad	
	94 SCORE 410 403	College Basketball	Duke at North Carolina. (Live)					Total Drama	Future	King of the Hill	American Dad	
	9 EDAC 267 351	Alberta Primetime (Live)		Law & Order: SVU				Overruled!	Han. Montana	Wizards-Place	Latest Buzz	
	14 YTV 552 543	iCarly	Sabrina-Witch	That's-Weird	Malcolm-Mid.	Hates Chris		Destinies (HDTV) (N) (SC)	Dr. House (SC)	TVA nouvelles	Primetime	
	17 TREE 553 545	Little Bear	Bucket-Dinos	Babar	Big & Small	Max & Ruby	Dragon (DVS)	Destinies (HDTV) (N) (SC)	Dr. House (SC)	TVA nouvelles	Primetime	
	42 TOON 555 545	Jimmy Two	Jimmy Test	Scooby-Doo	Total Drama	6TEEN	Dragon (DVS)	Destinies (HDTV) (N) (SC)	Dr. House (SC)	TVA nouvelles	Primetime	
	45 FAM 557 541	Han. Montana	Wizards-Place	Sonny Chance	Suite Life	Oversold!	Dragon (DVS)	Destinies (HDTV) (N) (SC)	Dr. House (SC)	TVA nouvelles	Primetime	
family	- TVA 121 714	TVA nouvelles	Le Cercle (SC)	Poule-oeufs or Les Gags	Destinies (HDTV) (N) (SC)	Hates Chris	Destinies (HDTV) (N) (SC)	Destinies (HDTV) (N) (SC)	Dr. House (SC)	TVA nouvelles	Primetime	
	18 CMT 575 583	According-Jim	According-Jim	iCarly	That's-Weird	Malcolm-Mid.	Hates Chris	Destinies (HDTV) (N) (SC)	Dr. House (SC)	TVA nouvelles	Primetime	
	25 A&E 615 520	Dog the Bounty Hunter		Home Improve.	Home Improve.	That's-Weird	Malcolm-Mid.	Destinies (HDTV) (N) (SC)	Dr. House (SC)	TVA nouvelles	Primetime	
	26 MMM 571 581	Gene Simmons	G. Simmons	Entourage	Big & Small	Max & Ruby	Dragon (DVS)	Destinies (HDTV) (N) (SC)	Dr. House (SC)	TVA nouvelles	Primetime	
	29 FOOD 603 561	Iron Chef America		Babar	Dragon (DVS)	Dragon (DVS)	Dragon (DVS)	Destinies (HDTV) (N) (SC)	Dr. House (SC)	TVA nouvelles	Primetime	
	31 SHOW 617 522	Trailer Park		Bucket-Dinos	Wild 'n Out	Dragon (DVS)	Dragon (DVS)	Destinies (HDTV) (N) (SC)	Dr. House (SC)	TVA nouvelles	Primetime	
	32 DISC 520 505	License to Drill		Supernanny	Wild 'n Out	Dragon (DVS)	Dragon (DVS)	Destinies (HDTV) (N) (SC)	Dr. House (SC)	TVA nouvelles	Primetime	
	33 SLICE 601 562	End/Leash		Supernanny	Wild 'n Out	Dragon (DVS)	Dragon (DVS)	Destinies (HDTV) (N) (SC)	Dr. House (SC)	TVA nouvelles	Primetime	
	34 W 602 567	House-Sell		Supernanny	Wild 'n Out	Dragon (DVS)	Dragon (DVS)	Destinies (HDTV) (N) (SC)	Dr. House (SC)	TVA nouvelles	Primetime	
	35 TLC 521 560	I'm Pregnant		Supernanny	Wild 'n Out	Dragon (DVS)	Dragon (DVS)	Destinies (HDTV) (N) (SC)	Dr. House (SC)	TVA nouvelles	Primetime	
	36 BRAVO 620 523	BravoFACT		Supernanny	Wild 'n Out	Dragon (DVS)	Dragon (DVS)	Destinies (HDTV) (N) (SC)	Dr. House (SC)	TVA nouvelles	Primetime	
	38 SPIKE 628 584	Ways to Die		Supernanny	Wild 'n Out	Dragon (DVS)	Dragon (DVS)	Destinies (HDTV) (N) (SC)	Dr. House (SC)	TVA nouvelles	Primetime	
	39 AMC -	(6) The Fugitive ***	(1993, Suspense), Sela Ward	Supernanny	Wild 'n Out	Dragon (DVS)	Dragon (DVS)	Destinies (HDTV) (N) (SC)	Dr. House (SC)	TVA nouvelles	Primetime	
cable variety	40 HIST 522 506	Ice Road Truckers		Supernanny	Wild 'n Out	Dragon (DVS)	Dragon (DVS)	Destinies (HDTV) (N) (SC)	Dr. House (SC)	TVA nouvelles	Primetime	
	41 COM 626 547	Just for Laughs		Supernanny	Wild 'n Out	Dragon (DVS)	Dragon (DVS)	Destinies (HDTV) (N) (SC)	Dr. House (SC)	TVA nouvelles	Primetime	
	43 SPACE 627 528	Chuck (HDTV) (N)		Supernanny	Wild 'n Out	Dragon (DVS)	Dragon (DVS)	Destinies (HDTV) (N) (SC)	Dr. House (SC)	TVA nouvelles	Primetime	
	44 WPCH 294 650	College Basketball		Supernanny	Wild 'n Out	Dragon (DVS)	Dragon (DVS)	Destinies (HDTV) (N) (SC)	Dr. House (SC)	TVA nouvelles	Primetime	
	46 OLN 411 457	Operate-Repo		Supernanny	Wild 'n Out	Dragon (DVS)	Dragon (DVS)	Destinies (HDTV) (N) (SC)	Dr. House (SC)	TVA nouvelles	Primetime	
	48 TROP 619 525	Project Runway Canada		Supernanny	Wild 'n Out	Dragon (DVS)	Dragon (DVS)	Destinies (HDTV) (N) (SC)	Dr. House (SC)	TVA nouvelles	Primetime	
	50 STAR 621 527	The View (HDTV) (N)		Supernanny	Wild 'n Out	Dragon (DVS)	Dragon (DVS)	Destinies (HDTV) (N) (SC)	Dr. House (SC)	TVA nouvelles	Primetime	
	52 HGTV 600 564	Property Virgin	Unsellable	Supernanny	Wild 'n Out	Dragon (DVS)	Dragon (DVS)	Destinies (HDTV) (N) (SC)	Dr. House (SC)	TVA nouvelles	Primetime	
	65 TLN 700 800	(6) Il Sangue la Rosa		Supernanny	Wild 'n Out	Dragon (DVS)	Dragon (DVS)	Destinies (HDTV) (N) (SC)	Dr. House (SC)	TVA nouvelles	Primetime	
	92 APTN 269 350	Sid vs. Alexander		Supernanny	Wild 'n Out	Dragon (DVS)	Dragon (DVS)	Destinies (HDTV) (N) (SC)	Dr. House (SC)	TVA nouvelles	Primetime	
	93 VISION 261 394	Doc Martin (N)		Supernanny	Wild 'n Out	Dragon (DVS)	Dragon (DVS)	Destinies (HDTV) (N) (SC)	Dr. House (SC)	TVA nouvelles	Primetime	
	100 MTV 581 566	The Real World		Supernanny	Wild 'n Out	Dragon (DVS)	Dragon (DVS)	Destinies (HDTV) (N) (SC)	Dr. House (SC)	TVA nouvelles	Primetime	
	101 MM 570 580	Degrassi: TNG	Degrassi: TNG	Supernanny	Wild 'n Out	Dragon (DVS)	Dragon (DVS)	Destinies (HDTV) (N) (SC)	Dr. House (SC)	TVA nouvelles	Primetime	
	102 2PAC 512 396	Primerime Politics		Supernanny	Wild 'n Out	Dragon (DVS)	Dragon (DVS)	Destinies (HDTV) (N) (SC)	Dr. House (SC)	TVA nouvelles	Primetime	
	103 VIVA 526 507	The Closer		Supernanny	Wild 'n Out	Dragon (DVS)	Dragon (DVS)	Destinies (HDTV) (N) (SC)	Dr. House (SC)	TVA nouvelles	Primetime	
	106 RDI 126 730	Le Téléjournal (SC)	RDI économie	Supernanny	Wild 'n Out	Dragon (DVS)	Dragon (DVS)	Destinies (HDTV) (N) (SC)	Dr. House (SC)	TVA nouvelles	Primetime	
	161 SUPER 526 507	Mumbai	Z Rock	Supernanny	Wild 'n Out	Dragon (DVS)	Dragon (DVS)	Destinies (HDTV) (N) (SC)	Dr. House (SC)	TVA nouvelles	Primetime	
	161 SUPER 526 507	Mumbai	Z Rock	Supernanny	Wild 'n Out	Dragon (DVS)	Dragon (DVS)	Destinies (HDTV) (N) (SC)	Dr. House (SC)	TVA nouvelles	Primetime	

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Susan Boyle's cat Pebbles has moved out of their home. The much-loved pet is now living in London with a friend of the singer because Boyle isn't at her house in Scotland often enough to care for her properly. FEMALEFIRST.CO.UK

A kitty cat in London

Celebrity Buzz

From beyond the grave

WITH SPECIFIC PERSONAL MESSAGES NO ONE WOULD KNOW BUT HER, LIKE SHE MISSES HER DAUGHTER. DEEP. A psychiatrist facing criminal charges in Anna Nicole Smith's death recently attended a séance for the model, who died three years ago Monday, people.com reports.

Psychic Shayne Goldfarb led the séance at Pol Atteau's Beverly Hills boutique, according to Atteau's partner, Patrik Simpson, a close friend of Smith's.

Among those attending was Smith's neighbour and psychiatrist, Dr. Kristine Eroshevich, who travelled with Smith in her final

months and who, along with two others, will soon stand trial on drug conspiracy charges.

Simpson, co-author of Anna Nicole Smith, Portrait of an Icon, Signature Edition, says he's convinced they really did contact Smith during the séance and that the psychic told them Smith is "happy she's with (her late son) Daniel. She's sad she had to leave her daughter, but she really had to be with Daniel."

It was on Feb. 8, 2007,

that Smith died at the Seminole Hard Rock Casino in Hollywood, Fla., at age 39, after her body was assaulted with prescription medications that left her too weak to move.

Smith made it clear to those around her that she was depressed and heartbroken after Daniel died at age 20 just months earlier while visiting his mother in the Bahamas upon the birth of his baby sister, Dannielynn, who was fathered by photographer Larry Birkhead.

METRO NEWS SERVICES

Football and foreign aid

THE LIFE OF A TYPICAL SUPER STAR After her PDA-packed Super Bowl appearance with Brad Pitt, Angelina Jolie jetted off to the Dominican Republic Monday to visit hospitalized Haitian earthquake survivors and meet with Dominican



President Leonel Fernandez, people.com reports.

Yesterday, the 34-year-old UN goodwill ambassador — who is suing a British tabloid for claiming that she plans to split from

Brad Pitt — was expected to travel to Haiti.

Last month, Jolie — who has visited many countries as an ambassador including Iraq and Pakistan — announced that she and beau Pitt, 46, are donating \$1 million US to the emergency medical operation in Haiti.

METRO NEWS SERVICES

Time to move over, Simon

MADGE'S MAN IS IN TOWN Madonna's manager is being lined up to replace Simon Cowell on the American Idol judging panel, femalefirst.co.uk reports.

Guy Oseary — who is also Chairman of the singer's label Maverick Records, which has also

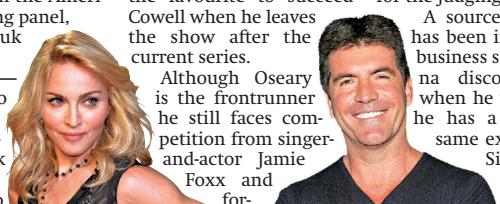
released LPs by The Prodigy, Alanis Morissette and Deftones — is said to be the favourite to succeed Cowell when he leaves the show after the current series.

Although Oseary is the frontrunner he still faces competition from singer-and-actor Jamie Foxx and for-

mer Sony music boss Tommy Mottola — the ex-husband of Mariah Carey — for the judging job.

A source said: "Guy has been in the music business since Madonna discovered him when he was 17, and he has a lot of the same experience as Simon."

METRO NEWS SERVICES



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'Part of a larger plan'

HERE COME THE CONSPIRACY

THEORIES Michael Jackson's family members are less than satisfied with the proposed fate of Conrad Murray, the doctor who was charged with involuntary manslaughter this week over the late singer's death.

"He's a monster," Katherine Jackson, Michael's mother, said while leaving the L.A. courthouse, according

to People magazine. Sister LaToya Jackson, meanwhile, is looking forward.

"Michael was murdered and although he died at the hands of Dr. Conrad Murray, I believe Dr. Murray was a part of a much larger plan," she said.

"There are other individuals involved and I will not rest and I will continue to fight until all of the proper individuals are brought forth and justice is served."

METRO WORLD NEWS



Just a small intimate trip

WITH HALF OF HOLLYWOOD

More details are emerging about Jennifer Aniston's lavish 41st birthday party in Mexico.

"Jen invited 50 of her close friends to celebrate her birthday, and Gerard Butler was one of them," sources tell Page Six.

"She was staying at a villa that had a 12-strong staff including a personal chef and two butlers, a private infinity pool, a spa with Jacuzzi, its own terrace with fire pits, an outdoor rain

shower and day beds."

Among the lengthy list of guests was Sheryl Crowe, Courteney Cox and Jason Bateman, though all eyes were on Aniston and Butler.

"Gerard had his own one-bedroom villa with a private pool, but he joined Jen for all the celebrations, and they looked extremely friendly but not overly flirty in public."

METRO WORLD NEWS



The Rolling Clean and Sobers

DOESN'T REALLY HAVE THE RING TO IT

Rolling Stones bandmates Ronnie Wood and Keith Richards are helping each other quit drinking. The two guitarists are reportedly giving each other moral support as they cope

with life without booze, femalefirst.co.uk reports.

Notorious hellraiser Kei-

th, 66, reportedly stopped drinking after receiving advice from his doctor, while

Ronnie is staying alcohol-free for new girlfriend Ana Araujo, 30.

METRO NEWS SERVICES



Follow these celebrities on Twitter...

CelebTweets

MATTHEW PERRY is reconsidering his identity, **PARIS HILTON** knows what she likes, **JONATHAN ROSS** is having pet issues, and **AMY WINEHOUSE** is looking for some verification.



@langfordperry Thinking pretty seriously about changing my name to klinty kluckson. More on this later...

@ParisHilton Just went to one of my favorite streets in Paris called Quai de La Megisserie. They have 3 blocks full of just pet stores. So cute!

@woossy I must go and remove a dog from the bedroom. One of them is being naughty on the upstairs carpet. Bye.

@amyjademermaid is carole king alive?

METRO WORLD NEWS

Grinding on A-Rod?

I JUST DON'T GET IT Alex Rodriguez definitely has a thing for blondes. The baseball player, who recently split from Kate Hudson, reportedly cozied up to Cameron Diaz at a Super Bowl party in Miami over the weekend, according to OK Magazine.

"A-Rod and Cameron have been totally hooking up," a source tells the magazine, adding that Diaz was "grinding on A-Rod" on the dance floor at the party.

"They were having a great time."

METRO WORLD NEWS

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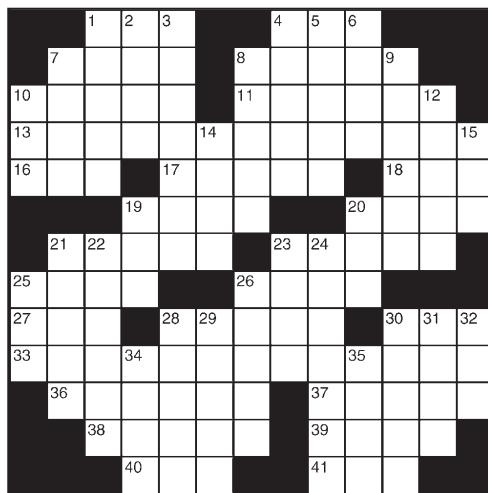
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**Michele McDougall, Weather Specialist & Host – Breakfast Television**

'My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes.'

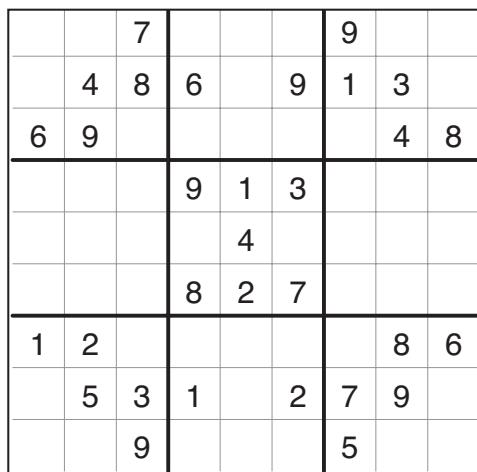
WEEKDAYS AT 6 A.M.

entertainment 23

Take Five**Sudoku**

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

**ACROSS**

- 1 Puncturing tool
- 4 Shriver of tennis
- 5 Dog bane
- 6 December holidays
- 8 Water nymph
- 10 Gets out of bed
- 11 Scattered here and there
- 12 X rating?
- 13 Eco-community
- 14 Hearty brew
- 15 Car
- 16 Census statistics
- 17 Pizzeria need
- 18 Infants
- 19 Boat's floor
- 20 Employer
- 21 Scot's denial
- 22 Boy Scouts' unit
- 23 Bikini half
- 24 Covering a wide range
- 25 Muss
- 26 Mistreatment
- 27 Tire pattern
- 28 34
- 29 35
- 30 31 32
- 33 36
- 37 38
- 39 40
- 41

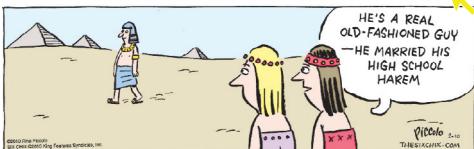
PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

I	R	K	S	O	W	N	R	A	P	T
C	E	N	T	C	H	I	O	G	R	E
O	D	O	R	C	O	X	S	W	A	I
N	O	X	I	O	U	S	T	E	R	M
F	I	R	S	Y	N	T	M	A	N	N
G	A	V	E	L	R	O	X	A	N	N
O	D	E	Y	Y	A	N	O	R	A	R
T	O	X	E	M	I	A	L	U	N	G
A	R	E	A	S	F	O	T	X	T	R
B	O	X	S	C	O	R	E	R	A	T
E	D	I	H	A	S	U	N	T	O	
L	E	T	S	Y	T	E	G	O	S	

2	6	3	8	7	4	1	5	9
8	4	5	9	6	1	3	7	2
1	7	9	3	5	2	4	6	8
6	9	1	7	4	5	2	8	3
4	8	7	6	2	3	9	1	5
5	3	2	1	9	8	6	4	7
3	1	4	2	8	7	5	9	6
9	5	8	4	3	6	7	2	1
7	2	6	5	1	9	8	3	4

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

**Horoscopes by Sally Brompton** sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES**MARCH 21-APRIL 20**

You've had all sorts of great ideas since the start of the year, but now some of those ideas may look a little impractical.

TAURUS**APRIL 21-MAY 21**

You will certainly regret it if you pass up an opportunity to enhance your reputation today. Believe in yourself. Others do.

GEMINI**MAY 22-JUNE 21**

You are not as confident as you look (you rarely are) and it's likely you are having serious doubts about something you recently signed up to.

CANCER**JUNE 22-JULY 22**

Ignore the critics. You know you are on the right track and you know you are doing the right thing. So what else matters?

LEO**JULY 23-AUG 23**

Cosmic activity in your opposite sign means there is an important issue over which you have no control. Don't worry — it will work out fine.

VIRGO**AUG 24-SEPT 22**

The Sun in Aquarius at this time of year urges you to manage your time in a more economical way.

LIBRA**SEPT 23-OCT 23**

If someone threatens to reveal what you don't want the world to know, call their bluff. Don't let blackmail work.

SCORPIO**OCT 24-NOV 22**

You may be a headstrong individual but that can either work for you or against you, depending on how you choose to use it.

SAGITTARIUS**NOV 23-DEC 21**

If you tell yourself that you are going to be bored and miserable today that is exactly how you will feel.

CAPRICORN**DEC 22-JAN 20**

You are advised to listen to your head rather than your heart where matters of cash and what you own and earn are concerned.

AQUARIUS**JAN 21-FEB 18**

As from today words will come more easily to you, which will have beneficial effects both in your working environment and in your personal life.

PISCES**FEB 19-MARCH 20**

What you hear today may sound exciting but can you really trust what other people are saying? Show an interest but keep your options open.

"I LOVE THIS PAPER"

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The free Metro Canada application is available on the App Store.

Don't have an iPhone or iPod touch? Visit m.metronews.ca for news on the move.

Available on the App Store



Available on the App Store

This day in history

1798: Louis Alexandre Berthier invades Rome, proclaims a Roman Republic on Feb. 15 and then on Feb. 20 takes Pope Pius VI prisoner.

1870: The YWCA is founded (New York City).

1931: New Delhi becomes the capital of India.

1954: President Dwight Eisenhower warns against United States intervention in Vietnam.

1970: Sylvester Stallone's first film Italian Stallion is released.

1998: Voters in Maine repeal a gay rights law passed in 1997 becoming the first U.S. state to abandon that law.

METRO NEWS SERVICES

TAKE A BREAK FROM WORKVisit metronews.ca to watch **metrotube** of the day**Metro Recipe of the Day****Chili Penne with Butternut Squash****INGREDIENTS:**

11 oz (350 g) penne
2 lb (1 kg) butternut squash, peeled and cut into 3/4-in. (2-cm) cubes
1 tbsp (15 mL) olive oil
1/4 tsp (1 mL) crushed chili flakes
1/4 tsp (1 mL) cumin seeds
5 oz (150 g) soft goat cheese, crumbled
1/2 cup (250 mL) grated Parmesan cheese

2. Pour olive oil into warm pasta pot set over low heat, and stir in crushed chili flakes and cumin seeds. Cook 1 minute, then remove from heat.
3. Return pasta and squash to pot and add reserved cooking liquid. Combine gently. Add goat cheese, season to taste and toss. Turn into warm serving bowl and top with Parmesan cheese. Serve immediately.

SERVES 4**rd.ca**

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



16 new ways to make life a little easier.

ESPN Score Center

Free • Get instant scores and updates on the fly from one of the most reliable names in sports news. ESPN's personalized scoreboards let you organize by sport and team so you get the updates you want, fast.

CBC Radio

Free • Listen to CBC Radio on your iPhone. Tap into 19 live streams and over 60 popular programs on-demand. Browse archived episodes and create a favorites list for quick access to the programs you love.

Cooliris

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Wine Ph.D.

\$4.99 • Go from wine novice to enthusiast in seconds. Just use your iPhone to search the Wine Ph.D. database by name, producer, varietal, region, food pairings or published ratings.

Local Concerts

Free • Want to know who's playing tonight? Local concerts taps your music library and a large global database to notify you of upcoming shows. Browse events by date or venue, then buy tickets right from your iPhone.

TuneWiki

Free • Listening to music on your iPhone and want to know the lyrics? Tunewiki serves up lyrics to songs from your iTunes library so you can follow along as the song is playing.

Epicurious

Free • Can't decide on dinner? Get Epicurious recipes right on your iPhone. Search by type, what's in your fridge or what's in season. Then make a shopping list with the touch of a button.

Twittelator Pro

\$4.99 • Do you tweet? Use Twittelator Pro to send updates on the go, and bring them to life with photos and videos captured right on your iPhone.

The Sims 3

\$6.99 • The ever-popular computer game arrives on the iPhone. Customize your Sims, explore stunning 3-D worlds and experience everything "real" life has to offer.

Tom Tom U.S. & Canada

\$99.99 • Turn your iPhone into a fully featured Sat Nav with Tom Tom's expert voice-guided turn-by-turn directions, automatic re-routing, and more. It even links with your contacts list to give you directions to any address.

Barista

\$2.99 • Let your iPhone teach you how to make coffee-shop quality espresso, even when you're at home with step-by-step directions on everything from pulling the perfect shot to pouring latte art.

GoodGuide

Free • Shop green with your iPhone. Now you can easily check the health, environmental and social impact of over 70,000 products, from food to toys, on-the-go and before you buy.

Mover

Free • Now it's easier than ever for two iPhones to share stuff. With just the swipe of a finger, you can transfer photos, contacts and more to another iPhone over the same WiFi network.

Rocket Taxi

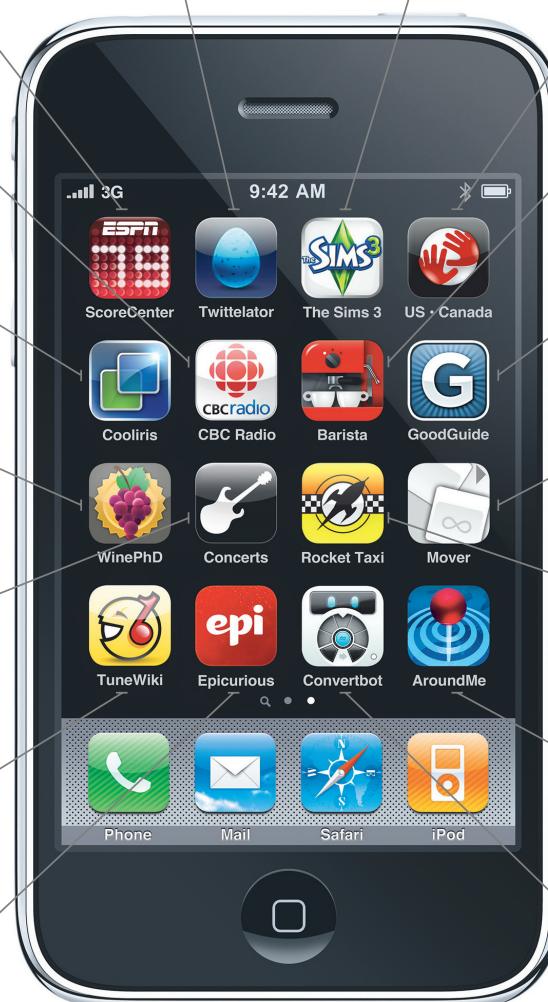
\$1.99 • Ever notice cabs are scarce when you need one? Using your iPhone's built-in GPS feature, Rocket Taxi will find a taxi closest to you. Then all you have to do is tap to call for your ride.

AroundMe

Free • When travel takes you to a new place, AroundMe can quickly find nearby businesses from the nearest bank to the closest gas station then route them for you using your iPhone's GPS.

Convertbot

\$0.99 • Convert currency, length, mass, time and more. Convertbot's simple, intuitive interface makes conversion easy, even handling mixed units, like feet and inches.



It's amazing how much stuff you can do with an iPhone. With all kinds of apps to help with everything from shopping to gaming to cooking to tweeting. In fact, there are over 90,000 apps for just about anything, only on the iPhone.

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 **iPhone 3G S**